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### Effect of Dietary Calcium on Weight Loss in Obese Adults

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*University of Tennessee-Knoxville*

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# UNIVERSITY HONORS PROGRAM

## SENIOR PROJECT - APPROVAL

Name: Mary Millsaps Bloom

College: Human Ecology Department: Nutrition

Faculty Mentor: Dr. Michael Zemel

PROJECT TITLE: Effect of Dietary Calcium on Weight Loss  
in Obese Adults

I have reviewed this completed senior honors thesis with this student and certify that it is a project commensurate with honors level undergraduate research in this field.

Signed: [Signature], Faculty Mentor

Date: May 7, 2001

Comments (Optional):

*Mary has put a tremendous amount of independent effort and thought into the project and has truly made important contributions.*

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# Effect of Dietary Calcium on Weight Loss in Obese Adults

Mary Millsaps Bloom

Department of Nutrition  
Honors Senior Project  
The University of Tennessee  
Faculty Mentor: Dr. Michael Zemel  
May 8, 2001

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## **Introduction**

A six-month clinical trial at the University of Tennessee's Nutrition Department studied the effect of calcium on weight loss in obese adults. The study results indicate that a reduced calorie diet that includes a high calcium intake yields greater weight loss than a reduced calorie diet with low levels of dietary calcium. Additionally, calcium from dairy foods was more effective than calcium from a supplement.

## **Justification**

In October 1999, news headlines announced that a Center for Disease Control study had confirmed a "surge" in the prevalence of obesity all over the country. Obesity is defined as a Body Mass Index of 30 or more which is equivalent to being 30 percent above one's ideal body weight. The rate with which the numbers increased during a relatively short time was a shock, an eye-opener and a source of distress for health professionals everywhere. Despite the uproar, the trend shows no signs of relenting as we move into a new century. Obesity rates rose from 12 percent in 1991 to 17.9 percent in 1998 for all United States citizens (1). Currently the obesity statistics for the nation as a whole range from 22 percent to 34 percent (2), depending on the source. Diet itself is considered to be the primary culprit since the CDC study found that activity level had stayed the same during the decade while caloric intake significantly increased.

Along with the obesity trend is the striking new paradigm that a deficiency of some micronutrients often exists in the very same diets that provide a gross overabundance of macronutrients. Calcium in particular is found to be commonly below recommended levels, especially in the diets of women. Chronic low intake of calcium is correlated with decreased bone mass, leading to osteoporosis.

## Background

Like many scientific breakthroughs, the events leading up to the theoretical model positioning calcium intake as a key to obesity prevention were largely unexpected and in some ways accidental. The final hypothesis tested by this clinical trial is a culmination of several pieces of a puzzle.

First of all, there was a phenomenon scientists referred to as the “calcium paradox” that when explained gave insight into the mechanism of calcitrophic hormones and their relation to intracellular calcium concentrations. Hypertension researchers knew that calcium causes muscle contractions and therefore causes the walls of blood vessels to contract, increasing blood pressure; however, in studies, high calcium diets actually lower blood pressure. This apparent discrepancy was resolved by the discovery that intracellular calcium levels are increased when extracellular levels are deficient, as in when dietary calcium levels are low.

Another piece of the puzzle was the seemingly inexplicable loss of approximately 12 pounds of fat on average from each of the participants in a hypertension study where the dietary change had been to add four cups of yogurt per day and no calorie or other restrictions had been imposed. According to analysis of their pre-study vs. during-study diets, the subjects had gone from an average of around 400 mg of calcium per day to around 1000mg per day, from a deficient intake to one reflecting the Recommended Daily Allowance.

The final clue brought in to solidify calcium’s connection to fat loss was the information gathered by studies of *agouti*, an obesity gene expressed in human adipocytes. It has been demonstrated that agouti protein stimulates calcium influx (3,4).

It is referred to as the “obesity gene” because it promotes fat storage in human adipocytes by stimulating the expression and activity of fatty acid synthase, a key enzyme in *de novo* lipogenesis and inhibiting lipolysis in a calcium-dependent fashion (5,6). Moreover, treating transgenic mice overexpressing *agouti* with a calcium channel antagonist (nifedipine) for four weeks resulted in significant decreases in lipogenesis and in adipose tissue mass (7). Thus, adipocyte calcium modulates energy storage and may be a logical target for interventions to control adiposity.

Before any trials were begun an analysis of the U.S. National Health and Nutrition Examination Survey (NHANES III) was performed in order to determine whether the calcium-obesity relationship could be applied to humans at the population level. The findings were striking: the odds of being in the highest quartile of body fat was reduced from 1.0 for the first quartile of calcium intake to 0.75, 0.40 and 0.16 for the second, third and fourth quartiles of calcium intake, respectively, for women (8). The regression model for males similarly demonstrated a significant inverse relationship between dietary calcium and body fat, although the same simple dose-response relationship found in women was not evident (7).

The theoretical model developed was based on indications that the action of *agouti* was fully mimicked by calcium channel agonists and inhibited by calcium channel antagonists. The hormone 1,25-dihydroxyvitamin D, which is excreted when dietary calcium is low, may stimulate calcium influx in the adipocyte, as it does in vascular smooth muscle, leading to stimulation of lipogenesis, inhibition of lipolysis, and expansion of adipocyte triglyceride stores. If so, suppressing 1,25-dihydroxyvitamin D levels by increasing dietary calcium would be predicted to inhibit adiposity and promote

weight loss. Insulin was also predicted to be affected by the mechanism, specifically in that its production would be increased by elevated intracellular calcium, further enhancing energy storage (see appendix A).

### **Study Design**

The goal was to complete at least 30 patients, age 26-55 years, BMI 30-40, male or female and healthy with exception of obesity. Participants were recruited for the study by placing signs around the University of Tennessee Campus as well as a few other areas in Knoxville such as physician's offices. Respondents were screened initially over the phone regarding their height and weight, health status and attitude toward dairy products. Any respondents were screened out who were diabetic, had osteoporosis, might become pregnant, were lactose intolerant or had an aversion to dairy foods, had recent medication changes that would affect weight loss or were not in the required age and BMI ranges.

After this initial screening, subjects came for an enrollment visit with study personnel at the Nutrition Department, during which they had an appointment made for a physical exam by Dr. Campbell at UT Medical Center for more thorough screening. After they passed this screening, subjects began keeping records of food intake in order to give a "baseline" diet description, in other words to obtain information on content of the subject's normal diet before the study diet was prescribed. Additionally, each subject had an oral glucose tolerance test (ogtt) and lipid profile during this enrollment period. Blood from this lab visit was saved for future analysis in the Nutrition Department laboratories of insulin, calcitonin, parathyroid hormone (PTH) and leptin. Finally, a dual electron x-ray absorptiometry (DEXA) scan was taken on each subject to analyze baseline body fat content.



After the screening and labs, each subject was randomly assigned to one of three diet groups. The first, Placebo High Dairy (PHD), included four servings of low-fat dairy products per day as well as a placebo pill; the second, Calcium Low Dairy (CLD) included only one serving of dairy and two 400mg (800 mg total) supplements of oyster shell calcium; the third, Placebo Low Dairy (PLD, the control group) included one serving of dairy and one placebo pill each day. All three diet groups consisted of equivalent macronutrient distribution and fiber content and also included a 500 kcal/day deficit as calculated by the Harris Benedict Equation for moderately active adults.

Diet instruction was given by study personnel at the Nutrition Department using food models and measuring utensils as well as a discussion of reading food labels and the importance of avoiding calcium fortified non-dairy foods while participating in the study. The subjects were taught to use a basic version of the diabetic exchange diet in order to simplify the following of the new diet regimen (see appendix B). Daily diet record books were kept and turned in each week at the regular appointment at the Nutrition Department. Three days (two weekdays and a weekend day) of each weekly record were analyzed by study personnel using Nutritionist 5.0 software.

During the 23 weekly visits, the following data was collected: weight, blood pressure and waist circumference. During these visits subjects were also counseled regarding adherence to the diet. At the midpoint (three months) and end (six months) of the study, each subject had additional lab visits to obtain data on circulating insulin, glucose tolerance and insulin sensitivity (via ogtt), calcium regulatory hormones (PTH, 1,25-(OH)<sub>2</sub>-D and calcitonin) and fasting plasma lipids. DEXA scans of body fat content were also repeated at the same intervals.

## **Complications**

As is the case with any study involving human subjects, attrition and failure to follow directions were problems encountered. Of the 41 subjects enrolled in the study, only 20 fully completed the 6 month period. Weekly meetings were difficult for some to fit into their schedules, some were not ready and willing to follow the required dietary restrictions for that time period and some had health problems that disqualified them (i.e. surgery or injuries that changed activity level and/or altered metabolism). In addition to dropouts, another issue encountered is underreporting of dietary intake. The reasons for this are abundant. When a measuring utensil is not used, it is easy to underestimate portion sizes; there is also a natural tendency to occasionally minimize intake be it consciously or unconsciously, perhaps out of embarrassment. Finally it is difficult for food records detailing every single item eaten to be kept perfectly considering the busy lives of the participants.

Another issue encountered was the fact that some of the PHD dieters consistently failed to consume four servings of dairy per day. The average calcium level for that group was therefore somewhat lower than had been targeted originally. However, overall, the results were entirely usable and the study was successful. The calorie level, being somewhat underreported by all three groups, was not used for any significant calculations and was only important in that it showed equivalent calorie deficits across the three groups, as planned. The attrition rate was also equivalent in each group, making the numbers (n), though lower than planned, usable and significant. The calcium content of the PHD diet proved to be high enough to cause significant differences in weight and fat loss, the results of which are described in the “Results” section.

## **Data**

All data regarding age, gender, dates of visits, dietary intake, weekly measurements, DEXA and labs was entered and analyzed in JMP statistical analysis software. All analysis was performed using at least the .05 level of significance. This data can be found in appendix C.

## **Results**

As expected from the experimental design, all patients lost both weight and body fat due to the 500 kcal/day energy deficit. However, both weight and fat (via DEXA) loss were significantly greater in subjects on the high dairy diet, with intermediate, but still significant, effects on those consuming the high calcium (via oyster shell calcium supplement) diet. Patients on the low calcium control diet lost  $6.4 \pm 2.5\%$  of their body weight during the first 12 weeks of the study. This was increased by 26% on the high calcium diet and by 70% (to  $10.9 \pm 1.6\%$ ) on the high dairy diet ( $p < 0.01$ ). Fat loss followed a similar trend. Patients lost  $9.1 \pm 2.3\%$  of their body fat on the low calcium control diet. This was increased by 38% on the high calcium diet and by 64% (to  $14.1 \pm 2.4\%$  fat loss) on the high dairy diet ( $p < 0.01$ ).

An unexpected finding was a striking difference in the distribution of body fat loss. Patients on the low calcium diet lost  $5.3 \pm 2.3\%$  of the fat from their abdominal region. This was increased to  $12.9 \pm 2.2\%$  on the high calcium diet and  $14.0 \pm 2.3\%$  on the high dairy diet ( $p < 0.025$  vs. low calcium and high calcium diets). Consequently, fat loss from the abdominal region represented  $19.0 \pm 7.9\%$  of the total fat lost on the low calcium diet, and this was increased to  $50.1 \pm 6.4\%$  of the fat lost on the high calcium diet ( $p < 0.001$ ) and  $66.2 \pm 3.0\%$  on the high dairy diet ( $p < 0.001$ ).

This data clearly indicates that increasing dietary calcium not only accelerates weight and fat loss secondary to caloric restriction, but also shifts the distribution of fat loss to a more favorable pattern, causing more fat loss from the abdominal region. Moreover, dairy products exert a substantially greater effect on both fat loss and fat distribution compared to an approximately equivalent amount of supplemental calcium.

### **Future**

The results of this study will soon be presented for publication in a peer-reviewed scientific journal. The fact that the high dairy diet was more effective than diet using supplements is very exciting for the dairy industry. This news could result in the eventual addition of calcium as a diet-aid to the list of health claims allowed on food labelling by the Food and Drug Administration. Another study is going to be conducted at UT regarding calcium's effect on African-Americans, who often limit dairy consumption due to high prevalence of lactose intolerance, without limiting calories.

In any event, the news of the calcium-weight loss link will undoubtedly encourage greater calcium intake among American women. Dairy foods are the most abundant and convenient source of calcium and will be the most common choice for most. This is a positive and healthy outcome for the entire population but particularly for adolescent females, who have experienced a decline in dairy intake that is predicted to result in a virtual epidemic of osteoporosis when this generation of women grows old.

### **Recommendations**

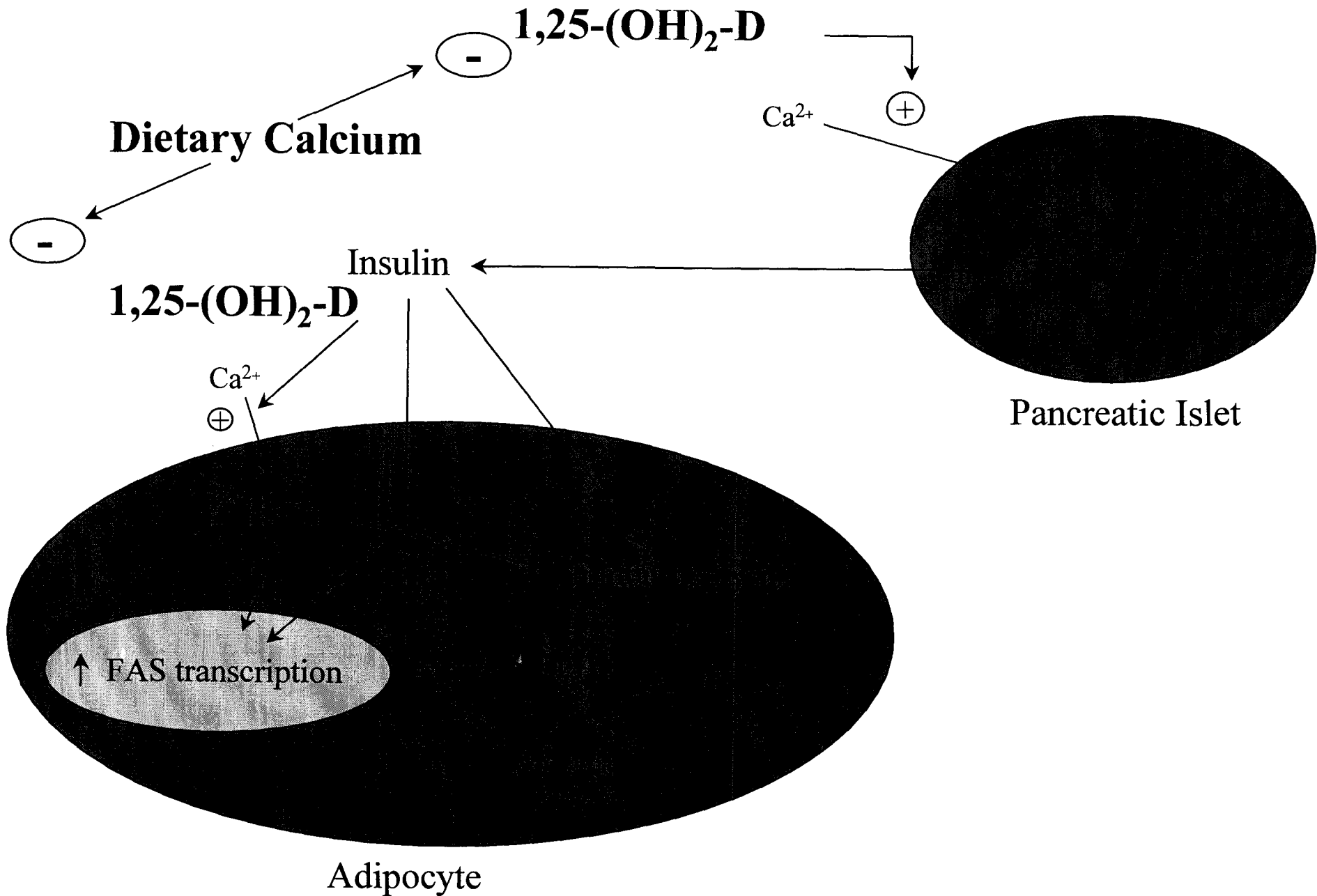
Non-dairy calcium sources, particularly fortified foods such as cereal, are likely to be studied as well to evaluate their effects on weight loss as compared to dairy foods. Forms of calcium supplements other than oyster-shell should be evaluated as well since many

consumers choose calcium citrate or calcium carbonate and studies have shown a difference in absorption and bioavailability among different calcium formulas (9). Additionally, it would be interesting to conduct a study using several different levels of “high” calcium (such as 800, 1200 and 1600mg) in order to determine the extent to which the relationship might have diminishing returns. This is pertinent because of the virtual boom of calcium fortified foods that are now on the market allowing for the practical possibility that people could consume very high levels of the mineral if they chose to do so. Finally, Americans are always looking for the silver bullet or magic potion for effortless weight loss and it will be important to emphasize caloric restriction and maintenance of a physically active lifestyle in order to achieve optimum results from increasing dietary calcium.

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# Mechanism of Calcium Inhibition of Adiposity



# EXCHANGE LISTS

for

# MEAL PLANNING





## BREAD/STARCH LIST

Each serving contains approximately 15 grams of carbohydrate, 3 grams of protein, a trace of fat, and 80 calories.

| <u>Bread</u>  |                 | <u>Dried Beans, Peas &amp; Lentils</u>   |                 |
|---|-----------------|--|-----------------|
| Bagel   | 1/2 (1 oz.)     | Beans & peas (cooked),   | 1/3 cup         |
| Bread Sticks, crisp<br>4 in. long x 1/2 in.           | 2 (2/3 oz.)     | such as kidney, white, split,<br>blackeye  |                 |
| Croutons, low fat                                     | 1 cup           | Lentils (cooked)   | 1/3 cup         |
| English muffin  | 1/2             | Baked Beans  | 1/4 cup         |
| Hamburger/Hot dog bun                                 | 1/2             |  |                 |
| Pita, 6 in. across                                    | 1/2             |  |                 |
| Plain roll, small                                     | 1 (1 oz.)       | <u>Starchy Vegetables</u>  |                 |
| Raisin, unfrosted                                     | 1 slice (1 oz.) | Corn   | 1/2 cup         |
| Rye, pumpernickel                                     | 1 slice (1 oz.) | Corn on cob, 6 in. long  | 1 ear           |
| Tortilla, 6 in. across                                | 1               | Lima beans   | 1/2 cup         |
| White (including<br>French, Italian)                  | 1 slice (1 oz.) | Peas, green (canned or<br>frozen)  | 1/2 cup         |
| Whole Wheat   | 1 slice (1 oz.) | Plantain   | 1/2 cup         |
|   |                 | Potato, baked  | 1 small (3 oz.) |
|   |                 | Potato, mashed   | 1/2 cup         |
|   |                 | Squash, winter (acorn,<br>butternut)   | 3/4 cup         |
|   |                 | Yam, sweet potato, plain   | 1/3 cup         |
| <u>Cereals, Grains, Pasta</u>                         |                 |  |                 |
| Bran cereals, concentrated                            | 1/3 cup         |  |                 |
| Bran cereals, flaked (such<br>as Bran Buds, All Bran) | 1/2 cup         |  |                 |
| Bulgur (cooked)                                       | 1/2 cup         |  |                 |
| Cooked cereals  | 1/2 cup         |  |                 |
| Cornmeal (dry)  | 2 1/2 Tbsp      |  |                 |
| Grape nuts cereal                                     | 3 Tbsp          |  |                 |
| Grits (cooked)  | 1/2 cup         |  |                 |
| Other ready-to-eat<br>unsweetened cereal              | 3/4 cup         |  |                 |
| Pasta (cooked)  | 1/2 cup         |  |                 |
| Puffed cereal   | 1 1/2 cup       |  |                 |
| Rice, white or brown<br>(cooked)                      | 1/3 cup         |  |                 |
| Shredded wheat  | 1/2 cup         |  |                 |
| Wheat germ  | 3 Tbsp          |  |                 |
|   |                 | <u>Crackers, Snacks</u>  |                 |
|   |                 | Animal crackers  | 8               |
|   |                 | Graham crackers, 2 1/2 in. sq.   | 3               |
|   |                 | Matzo  | 3/4 oz.         |
|   |                 | Melba toast  | 5 slices        |
|   |                 | Oyster crackers  | 24              |
|   |                 | Popcorn, popped (no fat added)   | 3 cups          |
|   |                 | Rye crisp, 2 in. x 3 1/2 in.   | 4               |
|   |                 | Saltine-type crackers  | 6               |
|   |                 | Whole wheat crackers, no<br>fat added (crisp breads,<br>such as Finn, Kavli, Wasa) | 2-4 (3/4 oz.)   |

## BREAD/STARCH LIST (Cont.)

### High-Fat Bread/Starch Foods

Each of these counts as 1 Bread/Starch serving plus 1 Fat serving:

|  |                |
|--|----------------|
| Biscuit, 2 1/2 in. across                              | 1              |
| Chow mein noodles                                      | 1/2 cup        |
| Corn bread, 2 in. cube                                 | 1 (2 oz.)      |
| Cracker, round butter type                             | 6              |
| French fried potatoes,<br>2 in. to 3 1/2 in. long      | 10 (1 1/2 oz.) |
| Muffin, plain small                                    | 1              |
| Pancake, 4 in. across                                  | 2              |
| Stuffing, bread (prepared)                             | 1/4 cup        |
| Taco shell, 6 in. across                               | 2              |
| Waffle, 4 1/2 in. square                               | 1              |
| Whole wheat crackers, fat<br>added (such as Triscuits) | 4-6 (1 oz.)    |

### Miscellaneous Bread/Starch Foods for Occasional Use

| <u>Food</u>                | <u>Amount</u>             | <u>Servings</u>      |
|----------------------------|---------------------------|----------------------|
| Angel food cake            | 1/12 of cake              | 2 breads             |
| Cake, no frosting          | 1/12 cake, or a 3" square | 2 breads plus 2 fats |
| Cookies                    | 2 small (1 3/4" across)   | 1 bread plus 1 fat   |
| Gingersnaps                | 3                         | 1 bread              |
| Granola                    | 1/4 cup                   | 1 bread plus 1 fat   |
| Granola bars               | 1 small                   | 1 bread plus 1 fat   |
| Snack chips, all varieties | 1 oz.                     | 1 bread plus 2 fats  |
| Vanilla wafers             | 6 small                   | 1 bread plus 1 fat   |

## FRUIT LIST

Each serving contains approximately 15 grams of carbohydrate and 60 calories.

### Fresh, Frozen, and Unsweetened

#### Canned Fruit

|                             |                         |
|-----------------------------|-------------------------|
| Apple, raw, 2 in. across    | 1                       |
| Applesauce, unsweetened     | 1/2 cup                 |
| Apricots, medium, raw       | 4                       |
| Apricots, canned            | 1/2 cup or<br>4 halves  |
| Banana, 9 in. long          | 1/2                     |
| Blackberries, raw           | 3/4 cup                 |
| Blueberries, raw            | 3/4 cup                 |
| Cantaloupe, 5 in. across    | 1/3 melon               |
| Cantaloupe, cubes           | 1 cup                   |
| Cherries, large, raw        | 12                      |
| Cherries, canned            | 1/2 cup                 |
| Figs, raw, 2 in. across     | 2                       |
| Fruit cocktail, canned      | 1/2 cup                 |
| Grapefruit, medium          | 1/2                     |
| Grapefruit sections         | 3/4 cup                 |
| Grapes, small               | 15                      |
| Honeydew melon, medium      | 1/8                     |
| Honeydew melon, cubes       | 1 cup                   |
| Kiwi, large                 | 1                       |
| Mandarin oranges            | 3/4 cup                 |
| Mango, small                | 1/2                     |
| Nectarine, 1 1/2 in. across | 1                       |
| Orange, 2 1/2 in. across    | 1                       |
| Papaya                      | 1 cup                   |
| Peach, 2 3/4 in. across     | 1, or 3/4 cup           |
| Peaches, canned             | 1/2 cup or<br>2 halves  |
| Pear                        | 1/2 large or<br>1 small |
| Pears, canned               | 1/2 cup or<br>2 halves  |

|                             |           |
|-----------------------------|-----------|
| Persimmon, medium, native   | 2         |
| Pineapple, raw              | 3/4 cup   |
| Pineapple, canned           | 1/3 cup   |
| Plum, raw, 2 in. across     | 2         |
| Pomegranate                 | 1/2       |
| Raspberries, raw            | 1 cup     |
| Strawberries, raw, whole    | 1 1/4 cup |
| Tangerine, 2 1/2 in. across | 2         |
| Watermelon, cubes           | 1 1/4 cup |

#### Dried Fruit

|                |          |
|----------------|----------|
| Apples         | 4 rings  |
| Apricots       | 7 halves |
| Dates, medium  | 2 1/2    |
| Figs           | 1 1/2    |
| Prunes, medium | 3        |
| Raisins        | 2 Tbsp   |

#### Fruit Juice

|                          |         |
|--------------------------|---------|
| Apple juice/cider        | 1/2 cup |
| Cranberry juice cocktail | 1/3 cup |
| Grapefruit juice         | 1/2 cup |
| Grape juice              | 1/3 cup |
| Juice blends             | 1/2 cup |
| Orange juice             | 1/2 cup |
| Pineapple juice          | 1/2 cup |
| Prune juice              | 1/3 cup |

## VEGETABLE LIST

Each serving contains approximately 5 grams of carbohydrate, 2 grams of protein, and 25 calories if eaten without added fat. Unless otherwise noted, the serving size for vegetables is:

1/2 cup of cooked vegetables  
1/2 cup vegetable juice  
1 cup of raw vegetables

|                             |                                   |
|-----------------------------|-----------------------------------|
| Artichoke (1/2 medium)      | Mushrooms, cooked                 |
| Asparagus                   | Okra                              |
| Beans (green, wax, Italian) | Onions                            |
| Bean sprouts                | Pea pods                          |
| Beets                       | Peppers (sweet, green or colored) |
| Broccoli                    | Rutabaga                          |
| Brussels sprouts            | Sauerkraut                        |
| Cabbage, cooked             | Summer squash (yellow crookneck)  |
| Carrots                     | Tomato (one large)                |
| Cauliflower                 | Tomato/vegetable juice            |
| Eggplant                    | Turnips                           |
| Kohlrabi                    | Water chestnuts                   |
| Leeks                       | Zucchini, cooked                  |

Starchy vegetables, such as corn, peas, and potatoes, are found in the Bread/Starch list.

Free vegetables, such as lettuce, cucumbers, and radishes, are found in the Free Food list.

NOTE: Greens, such as turnip, mustard, and collard, as well as spinach, are omitted from your diet due to their high calcium content. Your calcium intake is being carefully controlled through the number of dairy servings you receive.

## MILK/DAIRY LIST

### Skim and Very Lowfat Milk

Each serving contains approximately 12 grams of carbohydrate, 8 grams of protein, a trace of fat, and 90 calories.

|  |             |
|--|-------------|
| Skim or 1/2 percent milk                         | 1 cup       |
| 1 percent milk                                   | 1 cup       |
| Lowfat buttermilk                                | 1 cup       |
| Evaporated skim milk                             | 1/2 cup     |
| Dry nonfat milk                                  | 1/3 cup     |
| Plain nonfat yogurt                              | 8 oz.       |
| Nonfat artificially sweetened<br>flavored yogurt | 8 oz.       |
| Fat Free cheeses                                 | 1 1/2-2 oz. |

### Lowfat Milk = 1 milk + 1 fat

Each serving contains approximately 12 grams of carbohydrate, 8 grams of protein, 5 grams of fat, and 120 calories.

|  |           |
|--|-----------|
| 2 percent milk                                   | 1 cup     |
| Plain lowfat yogurt                              | 8 oz.     |
| Lowfat artificially sweetened<br>flavored yogurt | 8 oz.     |
| Cheeses made from 2% milk                        | 1 1/2 oz. |

### Whole Milk = 1 milk + 2 fat

Each serving contains approximately 12 grams of carbohydrate, 8 grams of protein, 8 grams of fat, and 150 calories.

|   |           |
|---|-----------|
| Whole milk  | 1 cup     |
| Evaporated whole milk   | 1/2 cup   |
| Whole plain yogurt  | 8 oz.     |
| Whole artificially sweetened<br>flavored yogurt                           | 8 oz.     |
| Natural cheese (such as<br>cheddar, monterey jack,<br>swiss, colby, etc.) | 1 1/2 oz. |

2/3 cup fat free frozen yogurt or ice cream = 1 dairy

2/3 cup lowfat frozen yogurt or ice cream = 1 dairy + 1 fat

## MEAT/PROTEIN LIST

### Tips:

1. Bake, roast, broil, grill, or boil meats rather than frying them with added fat.
2. Use a nonstick pan spray or a nonstick pan to brown or fry meats.
3. Trim off visible fat before and after cooking.
4. Weigh or measure meat after removing bones and fat, and after cooking. Three ounces of cooked meat is about equal to 4 ounces of raw meat.

Some examples of meat portions are:

2 ounces = 1 small chicken leg or thigh  
              1/2 cup tuna fish

3 ounces = 1 medium pork chop  
              1 small hamburger  
              1 average chicken breast  
              1 fish fillet

Any cooked meat about the size of a deck of cards

### Lean Meats

One ounce or equivalent contains approximately 7 grams of protein, 3 grams of fat, and 55 calories.

Beef: USDA Good or Choice grades of lean beef, such a round, sirloin, 1 oz.  
      and flank steak; tenderloin; and chipped beef

Pork: Lean pork, such as fresh ham; canned, cured, or boiled ham; 1 oz.  
      Canadian bacon; tenderloin

Veal: All cuts except for veal cutlets (ground or cubed). Examples 1 oz.  
      of lean veal are chops and roasts.

Poultry: Chicken, turkey, Cornish hen (without skin). 1 oz.

Fish: All fresh and frozen fish 1 oz.  
      Crab, lobster, scallops, shrimp, clams (fresh or canned in water) 2 oz.  
      Oysters, medium 6  
      Tuna (canned in water; check label to assure no calcium) 1/4 cup

Wild Game: Venison, rabbit, squirrel, pheasant, duck, goose (without skin) 1 oz.

Other: 95% fat-free luncheon meat 1 oz.  
      Egg whites 3 whites  
      Egg substitutes with less than 55 calories per 1/4 cup 1/4 cup  
      Lowfat frankfurter (such as Healthy Choice) 1

### Medium-Fat Meats

One ounce or equivalent contains approximately 7 grams of protein, 5 grams of fat, and 75 calories.

|  |         |
|--|---------|
| Beef: Most beef products fall into this category. Examples are: ground beef, roast (rib, chuck, rump), steak (cubed, Porterhouse, T-bone), and meatloaf. | 1 oz.   |
| Pork: Most pork products fall into this category. Examples are: chops, loin roast, Boston butt, cutlets.   | 1 oz.   |
| Lamb: Most lamb products fall into his category. Examples are: chops, leg, and roast.  | 1 oz.   |
| Veal: Cutlet (ground or cubed, unbreaded)  | 1 oz.   |
| Poultry: Chicken with skin, domestic duck or goose (fat drained), ground turkey  | 1 oz.   |
| Fish: Tuna canned in oil (drained; check label to assure no calcium)   | 1/4 cup |
| Other: 86% fat-free luncheon meat  | 1 oz.   |
| Egg (high is cholesterol, limit to 3 per week)   | 1       |
| Egg substitutes with 56-80 calories per 1/4 cup  | 1/4 cup |
| Tofu (2 1/2 in. x 2 3/4 in. x 1 in.)   | 4 oz.   |
| Liver, heart, kidney, sweetbreads (high in cholesterol)  | 1 oz.   |

### High-Fat Meats = 1 meat + 1 fat

One ounce or equivalent contains approximately 7 grams of protein, 8 grams of fat, and 100 calories. Limit to 3 per week.

|   |                  |
|---|------------------|
| Beef: Most USDA Prime cuts of beef, such as ribs, corned beef       | 1 oz.            |
| Pork: Spareribs, ground pork, pork sausage (patty or link)          | 1 oz.            |
| Lamb: Patties (ground lamb)   | 1 oz.            |
| Fish: Any fried fish product  | 1 oz.            |
| Other: Regular luncheon meat, such as bologna, salami, pimento loaf | 1 oz.            |
| Sausage, such as Polish, Italian                                    | 1 oz.            |
| Knockwurst, smoked, or Bratwurst                                    | 1 oz.            |
| Frankfurter (if beef/pork counts as one additional fat)             | 1 frank (10/lb.) |
| Peanut butter   | 1 Tbsp.          |

## FAT LIST

Each serving contains approximately 5 grams of fat and 45 calories.

### Unsaturated Fats

|                          |             |                                |                     |
|--------------------------|-------------|--------------------------------|---------------------|
| Avocado                  | 1/8 medium  | Pumpkin seeds                  | 2 tsp.              |
| Margarine                | 1 tsp.      | Oil (canola, olive, corn,      | 1 tsp.              |
| Margarine, diet          | 1 Tbsp.     | safflower, soybean,            |                     |
| Mayonnaise               | 1 tsp.      | peanut, cottonseed)            |                     |
| Mayonnaise, red. calorie | 1 Tbsp.     | Olives                         | 10 small or 5 large |
| Nuts and Seeds:          |             | Salad dressing,                | 2 tsp.              |
| Almonds, dry roasted     | 6 whole     | mayonnaise-type                |                     |
| Cashews, dry roasted     | 1 Tbsp.     | Salad dressing                 | 1 Tbsp.             |
| Pecans                   | 2 whole     | mayonnaise-type, red. cal.     |                     |
| Peanuts                  | 20 small or | Salad dressing (all            | 1 Tbsp.             |
|                          | 10 large    | varieties)                     |                     |
| Walnuts                  | 2 whole     | Salad dressing, red. cal.      | 2 Tbsp.             |
| Other nuts               | 1 Tbsp.     | (2 Tbsp. of low-cal, fat-free  |                     |
| Seeds, pine nuts, sun-   | 1 Tbsp.     | salad dressing is a free food) |                     |
| flower seeds (no shells) |             |                                |                     |

### Saturated Fats

|                              |         |
|------------------------------|---------|
| Butter                       | 1 tsp.  |
| Bacon                        | 1 slice |
| Chitterlings                 | 1/2 oz. |
| Coconut, shredded            | 2 Tbsp. |
| Coffee whitener, liquid      | 2 Tbsp. |
| Coffee whitener, powder      | 4 tsp.  |
| Cream (light, coffee, table) | 2 Tbsp. |
| Cream, sour                  | 2 Tbsp. |
| Cream (heavy, whipping)      | 1 Tbsp. |
| Cream cheese                 | 1 Tbsp. |
| Salt pork                    | 1/4 oz. |



## COMBINATION FOODS

These combination foods do not fit into only one food list. This is a list of average values for some typical combination foods; specific brands or recipes can vary greatly. Always check labels for serving sizes as well as grams of carbohydrate, protein, and fat to fit the food into the correct exchanges.

|  |                                   |                                       |
|--|-----------------------------------|---------------------------------------|
| Casseroles, homemade                       | 1 cup (8 oz.)                     | 2 breads, 2 medium-fat meats, 1 fat   |
| Cheese pizza, thin crust                   | 1/4 of 15 oz.<br>or 1/4 of 10 in. | 2 breads, 1 milk, 2 fats              |
| Chili with beans (canned)                  | 1 cup (8 oz.)                     | 2 breads, 2 medium-fat meats, 2 fats  |
| Chow mein (without<br>noodles or rice)     | 2 cups (16 oz.)                   | 1 bread, 2 vegetables, 2 lean meats   |
| Macaroni and cheese                        | 1 cup (8 oz.)                     | 2 breads, 1 milk, 2 fats              |
| Soups:                                     |                                   |                                       |
| Bean                                       | 1 cup (8 oz.)                     | 1 bread, 1 vegetable, 1 lean meat     |
| Chunky, all varieties                      | 10 3/4 oz. can                    | 1 bread, 1 vegetable, 1 med.-fat meat |
| Cream, made with water                     | 1 cup (8 oz.)                     | 1/2 bread, 1 fat                      |
| Cream, made with milk                      | 1 cup (8 oz.)                     | 1/2 bread, 1/2 milk, 2 fats           |
| Cream, 98% fat free,<br>made with water    | 1 cup (8 oz.)                     | 1 bread                               |
| Cream, 98% fat free,<br>made with milk     | 1 cup (8 oz.)                     | 1 bread, 1/2 milk                     |
| Vegetable                                  | 1 cup (8 oz.)                     | 1 bread                               |
| Spaghetti and meatballs                    | 1 cup (8 oz.)                     | 2 breads, 1 medium-fat meat, 1 fat    |
| Sugar-free pudding, made<br>with skim milk | 1/2 cup                           | 1/2 bread, 1/2 milk                   |
| Beans as a meat substitute:                |                                   |                                       |
| Dried beans, peas, and<br>lentils          | 1 cup (cooked)                    | 2 breads, 1 meat                      |

## FREE FOODS LIST

Free foods have less than 20 calories per serving. Those with portion sizes listed need to be limited to 2 or 3 servings per day. The other foods can be eaten in unlimited amounts.

### Condiments

Catsup (1 Tbsp.)  
Horseradish  
Mustard  
Pickles, dill  
Salad dressing, low-calorie, fat-free (2 Tbsp)  
Taco sauce (1 Tbsp.)  
Vinegar

### Drinks

Bouillon, fat-free broth  
Carbonated drinks, sugar-free  
Carbonated water  
Club soda  
Cocoa powder, unsw. (1 Tbsp.)  
Coffee/Tea  
Drink mixes, sugar-free  
Tonic water, sugar-free

### Fruits

Cranberries, unsw. (1/2 cup)  
Rhubarb, unsw. (1/2 cup)

### Nonstick Pan Spray

Spray for 1-2 seconds

### Salad Greens

Endive, Escarole  
Lettuce (iceberg, butter-head, romaine)

### Seasonings

Basil (fresh)  
Celery seeds  
Cinnamon  
Chili powder  
Chives  
Curry  
Dill  
Flavoring extracts: vanilla, almond, walnut, peppermint, lemon, butter, etc.  
Garlic  
Garlic powder  
Herbs  
Hot pepper sauce  
Lemon  
Lemon juice  
Lemon pepper  
Lime  
Lime juice  
Mint  
Onion powder  
Oregano  
Paprika  
Pepper  
Pimento  
Spices

### Seasonings, cont.

Salt, flavored salts (high in sodium-use wisely)  
Soy sauce  
Wine, used in cooking (1/4 cup)  
Worcestershire sauce

### Sweet Substitutes

Candy, hard, sugar-free  
Gelatin, sugar-free  
Gum, sugar-free  
Jam/jelly, sugar-free (2 tsp.)  
Pancake syrup, sugar-free (1-2 Tbsp.)  
Sugar substitutes (saccharin, aspartame)  
Whipped topping (2 Tbsp.)

### Vegetables (raw, 1 cup)

Bok Choy  
Cabbage  
Celery  
Chinese Cabbage  
Cucumber  
Green onion  
Hot peppers  
Mushrooms  
Radishes  
Zucchini

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| Rows | idnumber | group | dairy hi<br>lo | Ca<br>supp hi<br>lo | age | gender | complete<br>midpoint | complete<br>study | enrodate   | enrollwt | enrollht | enrolbmi | w-2date    | w-2wt  |
|------|----------|-------|----------------|---------------------|-----|--------|----------------------|-------------------|------------|----------|----------|----------|------------|--------|
| 1    | 109      | 1     | 1              | 0                   | 49  | 0      | 0                    | 0                 | 05/09/2000 | 175      | 61       | 32       | 05/16/2000 | 175    |
| 2    | 103      | 1     | 1              | 0                   | 55  | 1      | 1                    | 1                 | 05/02/2000 | 201      | 67       | 31       | 05/16/2000 | 202    |
| 3    | 107      | 1     | 1              | 0                   | 35  | 0      | 1                    | 0                 | 05/09/2000 | 194      | 64       | 33.5     | 05/16/2000 | 194    |
| 4    | 111      | 1     | 1              | 0                   | 50  | 0      | 1                    | 1                 | 05/10/2000 | 199      | 66.5     | 31       | 05/16/2000 | 199    |
| 5    | 123      | 1     | 1              | 0                   | 53  | 1      | 1                    | .                 | 05/15/2000 | 296      | 69.5     | 42       | 05/26/2000 | 298    |
| 6    | 129      | 1     | 1              | 0                   | 55  | 0      | 1                    | 1                 | 05/18/2000 | 219.5    | 66.5     | 36       | 05/26/2000 | 220    |
| 7    | 133      | 1     | 1              | 0                   | 53  | 0      | 1                    | 1                 | 05/23/2000 | 198      | 64       | 34       | 06/19/2000 | 202.75 |
| 8    | 135      | 1     | 1              | 0                   | 44  | 0      | 0                    | 0                 | 06/26/2000 | 203.5    | 68.5     | 30       | 06/26/2000 | 203.5  |
| 9    | 136      | 1     | 1              | 0                   | 48  | 0      | 1                    | 1                 | 07/06/2000 | 230.25   | 67.5     | 36       | 07/06/2000 | 230.25 |
| 10   | 138      | 1     | 1              | 0                   | 45  | 0      | 1                    | 1                 | 06/21/2000 | 276.5    | 66.5     | 43       | 07/05/2000 | 277.5  |
| 11   | 139      | 1     | 1              | 0                   | 48  | 0      | 1                    | 1                 | 06/19/2000 | 194      | 70       | 28.5     | 06/19/2000 | 194    |
| 12   | 140      | 1     | 1              | 0                   | 50  | 0      | 1                    | 1                 | 05/30/2000 | 170      | 63       | 30       | 05/30/2000 | 165    |
| 13   | 132      | 1     | 1              | 0                   | 44  | 0      | 0                    | 0                 | 05/23/2000 | 259      | 67.5     | 40       | 05/30/2000 | 259    |
| 14   | 101      | 1     | 1              | 0                   | 43  | 0      | 0                    | 0                 | 04/25/2000 | 250      | 66       | 40       | 05/15/2000 | 254    |
| 15   | 115      | 2     | 0              | 1                   | 53  | 0      | 1                    | 1                 | 05/24/2000 | 178      | 66       | 29.5     | 05/30/2000 | 178    |
| 16   | 117      | 2     | 0              | 1                   | 47  | 0      | 1                    | 1                 | 06/05/2000 | 233      | 65       | 38       | 06/12/2000 | 231    |
| 17   | 118      | 2     | 0              | 1                   | 49  | 0      | 1                    | 1                 | 05/16/2000 | 177      | 60.5     | 34       | 05/23/2000 | 176    |
| 18   | 119      | 2     | 0              | 1                   | 46  | 0      | 1                    | 1                 | 05/16/2000 | 173      | 62.5     | 31       | 05/16/2000 | 173    |
| 19   | 120      | 2     | 0              | 1                   | 54  | 1      | 1                    | .                 | 05/22/2000 | 202      | 66       | 32       | 06/12/2000 | 208    |
| 20   | 124      | 2     | 0              | 1                   | 53  | 0      | 1                    | 0                 | 05/17/2000 | 225      | 65       | 38       | 05/17/2000 | 226    |
| 21   | 125      | 2     | 0              | 1                   | 46  | 0      | 0                    | 0                 | 05/29/2000 | 164      | 62.5     | 30       | 06/07/2000 | 166.5  |
| 22   | 127      | 2     | 0              | 1                   | 45  | 0      | 0                    | 0                 | 05/18/2000 | 177      | 60.75    | 33       | 05/23/2000 | 178    |
| 23   | 113      | 2     | 0              | 1                   | 33  | 0      | 0                    | 0                 | 05/11/2000 | 210      | 66.5     | 33       | 05/23/2000 | 206    |
| 24   | 104      | 3     | 0              | 0                   | 56  | 0      | 1                    | 1                 | 05/01/2000 | 244      | 67.5     | 37       | 05/15/2000 | 246    |
| 25   | 108      | 3     | 0              | 0                   | 46  | 1      | 1                    | 1                 | 05/09/2000 | 248      | 67       | 39       | 05/15/2000 | 245    |
| 26   | 114      | 3     | 0              | 0                   | 28  | 0      | 1                    | 1                 | 05/11/2000 | 239      | 65.5     | 39       | 05/30/2000 | 240    |
| 27   | 121      | 3     | 0              | 0                   | 51  | 0      | 1                    | 1                 | 06/06/2000 | 184      | 62.5     | 33       | 06/06/2000 | 184    |
| 28   | 134      | 3     | 0              | 0                   | 54  | 1      | 1                    | 1                 | 06/05/2000 | 254      | 75       | 32       | 06/05/2000 | 254    |
| 29   | 141      | 3     | 0              | 0                   | 41  | 0      | 1                    | 1                 | 06/20/2000 | 185      | 60       | 39       | .          | .      |

**sorted**

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sorted

| Rows | idnumber | BdexaDay   | Bweight | Bwaist | systoB | diastoB | totfatb | totfat%b | trunkfatb | trkf%b | bfins   | bins15  | bins30  | bins60  | bins90 |
|------|----------|------------|---------|--------|--------|---------|---------|----------|-----------|--------|---------|---------|---------|---------|--------|
| 1    | 109      | 06/09/2000 | 177     | 39.25  | 140    | 82      | 42724   | 53.8     | 22981.9   | 55.5   | .       | .       | .       | .       | .      |
| 2    | 103      | 06/07/2000 | 204.5   | 41.25  | 112    | 72      | 27772.2 | 30       | 15655.3   | 34.8   | 351.8   | 813.58  | 1356.16 | 1740.98 | 2230   |
| 3    | 107      | 06/07/2000 | 196.5   | 35.5   | 118    | 68      | 51551   | 61.8     | 25086.5   | 55.6   | .       | .       | .       | .       | .      |
| 4    | 111      | 06/05/2000 | 202     | 39.25  | 120    | 78      | .       | 48.4     | 22270.4   | 49.7   | 26.074  | 298.4   | 401.66  | 82.836  | 78.66  |
| 5    | 123      | 06/14/2000 | 294     | 51     | 140    | 78      | 65155.8 | 49.3     | 34432.3   | 52.4   | 23.8    | 59.996  | 70      | 402.46  | 832.94 |
| 6    | 129      | 06/15/2000 | 219     | 41     | 125    | 80      | 49849.9 | 50.7     | 25996     | 53     | 49.924  | 234.36  | 283.46  | 81.24   | 463.56 |
| 7    | 133      | 06/27/2000 | 195.25  | 37.75  | 124    | 78      | 49580   | 56.2     | 24249.1   | 56.9   | 51.724  | 461.38  | 253.58  | 278.68  | 212.36 |
| 8    | 135      | 07/11/2000 | 204.5   | 41.5   | 118    | 75      | 46326.6 | 50       | 20019.9   | 47.5   | .       | .       | .       | .       | .      |
| 9    | 136      | 07/25/2000 | 235.5   | 44.5   | 120    | 80      | 51310   | 49       | 28313     | 50.3   | 184.096 | 551.58  | 1510.42 | 1232.36 | 3047.4 |
| 10   | 138      | 07/12/2000 | 277     | .      | 130    | 84      | 73655.5 | 58.7     | 42133.7   | 62.9   | 45.366  | 167.142 | 469.88  | 89.346  | 82.852 |
| 11   | 139      | 07/03/2000 | 195     | 33.75  | 122    | 76      | 42214.6 | 47.6     | 18117     | 45.5   | 24.548  | 446.06  | 288.68  | 57.156  | 54.176 |
| 12   | 140      | 06/19/2000 | 162     | 40     | 125    | 65      | 37261.8 | 51.2     | 18006.4   | 51.3   | 22.272  | 204.52  | 300.42  | 371.24  | 32.362 |
| 13   | 132      | 06/14/2000 | 259     | .      | 130    | 74      | 70385.2 | 60.2     | 31478.2   | 58.7   | .       | .       | .       | .       | .      |
| 14   | 101      | 05/29/2000 | 251     | 45.25  | 140    | 105     | 63793.6 | 56.5     | 34442.1   | 61.4   | .       | .       | .       | .       | .      |
| 15   | 115      | 06/12/2000 | 180     | 36     | 140    | 70      | 34946.1 | 43.1     | 18421.4   | 45     | 22.112  | 364.74  | 67.124  | 593.3   | 500.2  |
| 16   | 117      | 07/06/2000 | 234     | 45     | 125    | 85      | 66656   | 61.6     | 33178.4   | 61.9   | 25.408  | 23.31   | 15.706  | 54.904  | 34.52  |
| 17   | 118      | 06/07/2000 | 174.5   | 39     | 142    | 84      | 39329.3 | 49.6     | 21142     | 52.8   | 28.598  | 478.12  | 559.46  | 366.94  | 242.06 |
| 18   | 119      | 05/29/2000 | 175     | 38.25  | 135    | 95      | 31265.3 | 39.6     | 14106.4   | 39.5   | 47.558  | 583.24  | 756.26  | 647.88  | 499.94 |
| 19   | 120      | 06/26/2000 | 204     | 41     | 148    | 82      | 34857.2 | 37.9     | 19342.2   | 42.3   | 43.1    | 501.76  | 597.04  | 1144.46 | 888.44 |
| 20   | 124      | 06/06/2000 | 224     | 47.5   | 148    | 90      | 52727.2 | 52.1     | 29004     | 56.8   | .       | .       | .       | .       | .      |
| 21   | 125      | 06/21/2000 | 166     | 36     | 127    | 80      | 33889.4 | 45.1     | 15108.7   | 44.7   | .       | .       | .       | .       | .      |
| 22   | 127      | 06/07/2000 | 177     | 35.75  | 124    | 84      | 42606.1 | 53.3     | 18587.2   | 50.2   | .       | .       | .       | .       | .      |
| 23   | 113      | 06/08/2000 | 210     | 45.25  | 125    | 80      | 46509.1 | 49.1     | 23724.2   | 51.4   | .       | .       | .       | .       | .      |
| 24   | 104      | 05/29/2000 | 245.5   | 45.13  | 140    | 88      | 68523.8 | 61.4     | 31744.3   | 59.7   | 84.568  | 294.68  | 1184.52 | 1011.22 | 320.7  |
| 25   | 108      | 05/31/2000 | 243.5   | 47.2   | 142    | 84      | 52570.3 | 48.4     | 23287.8   | 46.4   | 16.082  | 63.38   | 209.98  | 268.6   | 219.54 |
| 26   | 114      | 06/16/2000 | 245     | 42     | 125    | 65      | 57654.1 | 50.8     | 27222.4   | 52.1   | 38.74   | 346.28  | 511.94  | 278.7   | 80.932 |
| 27   | 121      | 06/27/2000 | 185     | 35.5   | 135    | 75      | 43038.4 | 51.7     | 21283.1   | 52.4   | 24.184  | 80.1    | 233.38  | 509.38  | 399.66 |
| 28   | 134      | 06/28/2000 | 257.5   | .      | .      | .       | 46946.9 | 40.5     | 29341.5   | 48.1   | 39.644  | 439.34  | 608.26  | 908.14  | 567.24 |
| 29   | 141      | 06/28/2000 | 184     | 36     | 120    | 76      | 48622.5 | 58.4     | 23007.5   | 58.4   | 31.742  | 339.84  | 450.22  | 742.58  | 71.144 |

**sorted**

| Rows | idnumber | bins120 | fins:fglu ratioB | bfglu | bglu15 | bglu30 | bglu60 | bglu90 | bglu120 | cholb | LDLb | HDLb | TGb | vitDb | bcalcitonin | bLeptin<br>base |
|------|----------|---------|------------------|-------|--------|--------|--------|--------|---------|-------|------|------|-----|-------|-------------|-----------------|
| 1    | 109      |         |                  |       |        |        |        |        |         |       |      |      |     |       |             |                 |
| 2    | 103      | 1424.66 | 3.782796         | 93    | 129    | 150    | 113    | 98     | 84      | 239   | 182  | 34   | 116 |       |             | 20.5504         |
| 3    | 107      |         |                  | 114   | 154    | 214    | 205    | 175    | 143     | 219   | 144  | 57   | 88  |       |             |                 |
| 4    | 111      | 77.098  | 0.286527         | 91    | 168    | 177    | 150    | 135    | 129     | 163   | 89   | 62   | 60  |       |             | 142.676         |
| 5    | 123      | 439.88  | 0.224528         | 106   | 121    | 126    | 130    | 97     | 94      | 199   | 125  | 55   | 93  |       |             | 32.7976         |
| 6    | 129      | 484.18  | 0.44575          | 112   | 178    | 202    | 244    | 204    | 145     | 279   | 198  | 43   | 192 |       |             | 123.168         |
| 7    | 133      | 178.382 | 0.623181         | 83    | 124    | 92     | 111    | 98     | 95      | 179   | 104  | 64   | 55  |       |             | 160.476         |
| 8    | 135      |         |                  | 77    | 70     | 129    | 94     | 99     | 85      | 197   | 96   | 79   | 112 |       |             |                 |
| 9    | 136      | 6674.8  | 1.658523         | 111   | 168    | 213    | 269    | 231    | 185     | 218   | 142  | 38   | 188 |       |             | 167.352         |
| 10   | 138      | 44.614  | 0.416202         | 109   | 171    | 208    | 157    | 132    | 93      | 217   | 138  | 49   | 148 |       |             | 297.584         |
| 11   | 139      | 58.144  | 0.2584           | 95    | 133    | 94     | 107    | 74     | 97      | 186   | 106  | 61   | 93  |       |             | 132.928         |
| 12   | 140      | 51.2    | 0.262024         | 85    | 108    | 113    | 107    | 61     | 80      | 175   | 123  | 33   | 97  |       |             | 73.14           |
| 13   | 132      |         |                  |       |        |        |        |        |         |       |      |      |     |       |             |                 |
| 14   | 101      |         |                  | 88    | 157    | 199    | 192    | 177    | 122     | 180   | 93   | 39   | 239 |       |             |                 |
| 15   | 115      | 877.9   | 0.208604         | 106   | 144    | 161    | 185    | 155    | 142     | 206   | 119  | 48   | 197 |       |             | 48.368          |
| 16   | 117      | 38.314  | 0.282311         | 90    | 129    | 135    | 107    | 109    | 88      | 228   | 137  | 44   | 233 |       |             | 362.776         |
| 17   | 118      | 75.002  | 0.291816         | 98    | 153    | 168    | 135    | 116    | 103     | 225   | 146  | 43   | 182 |       |             | 198.572         |
| 18   | 119      | 680.72  | 0.485286         | 98    | 132    | 127    | 92     | 79     | 99      | 257   | 191  | 36   | 150 |       |             | 169.904         |
| 19   | 120      | 785.86  | 0.391818         | 110   | 163    | 197    | 240    | 189    | 152     | 266   | 191  | 32   | 214 |       |             | 22.4288         |
| 20   | 124      |         |                  | 101   | 148    | 178    | 194    | 168    | 153     | 191   | 107  | 42   | 209 |       |             |                 |
| 21   | 125      |         |                  | 76    | 99     | 105    | 87     | 99     | 87      | 227   | 143  | 53   | 153 |       |             |                 |
| 22   | 127      |         |                  | 83    | 93     | 105    | 97     | 95     | 98      | 264   | 154  | 51   | 294 |       |             |                 |
| 23   | 113      |         |                  | 84    | 126    | 105    | 85     | 81     | 82      | 142   | 91   | 44   | 37  |       |             |                 |
| 24   | 104      | 144.22  | 1.158466         | 73    | 101    | 128    | 89     | 79     | 63      | 264   | 184  | 62   | 89  |       |             | 183.236         |
| 25   | 108      | 41.4    | 0.16082          | 100   | 129    | 153    | 102    | 69     | 57      | 217   | 170  | 30   | 85  |       |             | 53.7            |
| 26   | 114      | 65.264  | 0.46119          | 84    | 105    | 110    | 85     | 78     | 84      | 164   | 110  | 36   | 88  |       |             | 124.836         |
| 27   | 121      | 333.44  | 0.239446         | 101   | 155    | 177    | 170    | 131    | 111     | 195   | 115  | 52   | 141 |       |             | 95.464          |
| 28   | 134      | 221.42  | 0.370505         | 107   | 157    | 186    | 170    | 133    | 67      | 208   | 137  | 35   | 181 |       |             | 46.44           |
| 29   | 141      | 262.9   | 0.314277         | 101   | 136    | 144    | 116    | 96     | 83      | 212   | 142  | 42   | 142 |       |             | 141.152         |

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| Rows | idnumber | bLeptin 60 | bLeptin 120 | TDEEb | dietrx | w1date     | w1wt   | w1waist | systo1 | diasto1 | kcal1 | cho1 | ptn1 | fat1 | calcium1 | comprate |
|------|----------|------------|-------------|-------|--------|------------|--------|---------|--------|---------|-------|------|------|------|----------|----------|
| 1    | 109      | .          | .           | .     | .      | .          | .      | .       | .      | .       | .     | .    | .    | .    | .        | .        |
| 2    | 103      | 15.4744    | 17.288      | 2500  | 2000   | 06/13/2000 | 198    | 41      | 126    | 80      | 1508  | 44   | 19   | 35   | 1120     | 80       |
| 3    | 107      | .          | .           | 2045  | 1600   | 06/13/2000 | 195    | 35.75   | 104    | 62      | 1105  | 44   | 20   | 37   | 823      | 80       |
| 4    | 111      | 143.888    | 140.304     | 2069  | 1600   | 06/12/2000 | 200    | 38.5    | 118    | 84      | 1110  | 56   | 17   | 28   | 735      | 100      |
| 5    | 123      | 33.0228    | 30.6488     | 3186  | 2700   | 06/21/2000 | 290    | 50.75   | 130    | 76      | 1130  | 42   | 21   | 38   | 816      | .        |
| 6    | 129      | 139.088    | 109.944     | 2171  | 1700   | 06/20/2000 | 216    | 38.5    | 130    | 70      | 1194  | 64   | 17   | 18   | 607      | .        |
| 7    | 133      | 186.092    | 212.908     | 2084  | 1600   | 07/05/2000 | 194    | .       | 130    | 78      | 1138  | 56   | 17   | 27   | 592      | .        |
| 8    | 135      | .          | .           | 2095  | 1600   | 07/18/2000 | 206    | 39.25   | 120    | 78      | 1155  | 56   | 16   | 20   | 1109     | .        |
| 9    | 136      | 159.456    | 130.396     | 2219  | 1400   | 08/01/2000 | 228    | 43      | 115    | 75      | 1437  | 46   | 18   | 27   | 1281     | .        |
| 10   | 138      | 317.148    | 300.96      | 2448  | 1900   | 07/19/2000 | 276    | .       | 118    | 76      | 1304  | 53   | 20   | 27   | 1062     | .        |
| 11   | 139      | 115.416    | 98.568      | 2035  | 1500   | .          | .      | .       | .      | .       | 1414  | 56   | 21   | 23   | 802      | .        |
| 12   | 140      | 66.72      | 67.652      | 1890  | 1400   | 07/27/2000 | 162    | 36.5    | 128    | 95      | .     | .    | .    | .    | .        | .        |
| 13   | 132      | .          | .           | .     | .      | .          | .      | .       | .      | .       | .     | .    | .    | .    | .        | .        |
| 14   | 101      | .          | .           | 2321  | 1800   | 06/06/2000 | 248    | 47.25   | 140    | 88      | 1670  | 56   | 19   | 25   | 1304     | 60       |
| 15   | 115      | 46.772     | 50.124      | 1967  | 1500   | 06/19/2000 | 177.5  | 37.25   | 120    | 78      | 1063  | 57   | 16   | 27   | 345      | 100      |
| 16   | 117      | 308.584    | 593.56      | 2229  | 1700   | .          | .      | .       | .      | .       | 1025  | 64   | 15   | 21   | 326      | .        |
| 17   | 118      | 254.256    | 180.732     | 1957  | 1500   | 06/14/2000 | 177    | 39      | 122    | 82      | 1234  | 57   | 16   | 26   | 528      | 100      |
| 18   | 119      | .          | 179.516     | 1943  | 1400   | 06/06/2000 | 168    | 38.25   | 118    | 80      | 1385  | 55   | 17   | 28   | 527      | .        |
| 19   | 120      | 17.6924    | 17.44       | 2526  | 2000   | 07/03/2000 | 199    | 41      | 130    | 82      | 1197  | 61   | 10   | 29   | 328      | .        |
| 20   | 124      | .          | .           | 2200  | 1400   | 06/13/2000 | 219    | 50.13   | 124    | 88      | 1161  | 42   | 15   | 43   | 446      | 100      |
| 21   | 125      | .          | .           | 1909  | 1400   | 06/27/2000 | 162    | 35.5    | 118    | 70      | 870   | 52   | 19   | 29   | 275      | 83       |
| 22   | 127      | .          | .           | 1956  | 1500   | 06/13/2000 | 175    | 35.75   | 126    | 76      | 1133  | 57   | 16   | 27   | 390      | 100      |
| 23   | 113      | .          | .           | 2103  | 1600   | 06/15/2000 | 206    | 42      | 125    | 80      | 1019  | 64   | 13   | 23   | 376      | 86       |
| 24   | 104      | 161.564    | 166.468     | 2297  | 1800   | 06/05/2000 | 243.75 | 45      | 160    | 88      | .     | .    | .    | .    | .        | 100      |
| 25   | 108      | 95.48      | 64.4        | 2822  | 2300   | 06/08/2000 | 240    | 46.5    | 118    | 80      | 868   | 51   | 21   | 28   | 389      | 100      |
| 26   | 114      | 136.774    | 115.76      | 2740  | 2200   | .          | .      | .       | .      | .       | 2428  | 46   | 20   | 34   | 750      | .        |
| 27   | 121      | 82.308     | 69.336      | 2001  | 1500   | 07/05/2000 | 181    | 37.25   | 138    | 80      | 833   | 42   | 20   | 38   | 346      | .        |
| 28   | 134      | 44.936     | 41.576      | 2884  | 2300   | 07/07/2000 | 257.5  | 48.25   | 130    | 85      | 2267  | 50   | 17   | 33   | 931      | .        |
| 29   | 141      | 255.996    | 256.528     | 2093  | 1600   | 07/06/2000 | 180.5  | 36      | 118    | 70      | 1196  | 34   | 19   | 46   | 717.6    | .        |

sorted

| Rows | idnumber | w2date     | w2wt   | w2waist | systo2 | diasto2 | kcal2  | cho2 | ptn2 | fat2 | calcium2 | cmprate2 | w3date     | w3wt   | w3waist | systo3 |
|------|----------|------------|--------|---------|--------|---------|--------|------|------|------|----------|----------|------------|--------|---------|--------|
| 1    | 109      |            |        |         |        |         |        |      |      |      |          |          |            |        |         |        |
| 2    | 103      | 06/20/2000 | 196    | 41      | 120    | 70      | 1530   | 64   | 13   | 23   | 1000     | 100      | 06/27/2000 | 197    | 40.5    | 120    |
| 3    | 107      | 06/20/2000 | 191.5  | 36.5    | 120    | 70      | 1570   | 51   | 14   | 35   | 934      | 100      | 06/28/2000 | 193    |         | 130    |
| 4    | 111      | 06/17/2000 | 200    | 38.75   | 110    | 80      | 1315   | 55   | 17   | 29   | 900      | 100      | 06/26/2000 | 198    | 37.5    | 115    |
| 5    | 123      | 06/28/2000 | 285.5  | 50.5    | 120    | 74      | 1756   | 44   | 20   | 36   | 826      | 100      | 07/05/2000 | 287    |         | 130    |
| 6    | 129      | 06/30/2000 | 212    | 39.5    | 138    | 85      | 1483   | 54   | 16   | 28   | 469.8    | 100      | 07/07/2000 | 212    | 40.5    | 120    |
| 7    | 133      | 07/11/2000 | 188    | 37.75   |        |         | 875    | 54   | 22   | 24   | 517      | 50       | 07/16/2000 | 188.5  | 35.5    | 130    |
| 8    | 135      | 07/25/2000 | 201.75 | 38.5    | 120    | 80      | 1020   | 71   | 17   | 12   | 1114     |          | 08/01/2000 | 202.5  | 38      | 118    |
| 9    | 136      | 08/08/2000 | 226    | 43      | 110    | 80      | 921    | 56   | 26   | 18   | 1209     |          | 08/15/2000 | 227    | 42.5    | 125    |
| 10   | 138      | 07/26/2000 | 275.5  |         |        |         | 1957   | 51   | 14   | 24   | 1231     |          | 08/02/2000 | 272.5  | 47      | 112    |
| 11   | 139      | 07/16/2000 | 187    | 36.5    | 125    | 85      | 1414   | 61   | 18   | 21   | 640      |          | 07/24/2000 | 190    | 37.5    | 120    |
| 12   | 140      | 07/03/2000 | 160.5  | 40.5    | 125    | 80      | 1183.7 | 47   | 22   | 31   | 939      |          | 07/12/2000 | 159    | 39.5    | 120    |
| 13   | 132      |            |        |         |        |         |        |      |      |      |          |          |            |        |         |        |
| 14   | 101      | 06/12/2000 | 250    | 45.5    | 130    | 82      | 1942   | 40   | 18   | 42   | 1217.8   | 67       | 06/21/2000 | 248    | 46.8    | 134    |
| 15   | 115      | 06/26/2000 | 176.5  | 35.5    | 120    | 70      | 1133   | 54   | 16   | 27   | 437      | 100      | 07/06/2000 | 176.75 | 37      | 125    |
| 16   | 117      | 07/17/2000 | 227    | 45.25   | 125    | 82      | 1025   | 64   | 15   | 21   | 326      |          | 07/24/2000 | 227    | 46      | 120    |
| 17   | 118      | 06/21/2000 | 171.5  | 37.75   | 140    | 80      | 1472   | 52   | 13   | 34   | 552      | 100      | 06/28/2000 | 169    |         | 130    |
| 18   | 119      | 06/13/2000 | 167.5  | 37      | 120    | 74      | 1264   | 56   | 20   | 24   | 466      | 100      | 06/20/2000 | 167    | 36.75   | 120    |
| 19   | 120      | 07/10/2000 | 196    | 42.5    | 130    | 82      |        |      |      |      |          |          | 07/16/2000 | 195    | 41.5    | 138    |
| 20   | 124      | 06/20/2000 | 220    | 47.5    | 130    | 75      | 1187   | 45   | 20   | 35   | 564      | 80       | 06/27/2000 | 216    | 46.75   | 136    |
| 21   | 125      | 07/06/2000 | 159    | 34.5    | 120    | 82      | 990    | 63   | 18   | 19   | 322      |          | 07/13/2000 | 158.5  | 36      |        |
| 22   | 127      | 06/20/2000 | 174.5  | 37.5    | 120    | 70      | 1047   | 52   | 17   | 31   | 435      | 100      | 06/28/2000 | 173.5  | 36      | 168    |
| 23   | 113      | 06/22/2000 | 207.5  | 42.125  | 122    | 80      | 968    | 60   | 16   | 24   | 631      | 100      | 06/28/2000 | 205.5  | 43.5    |        |
| 24   | 104      | 06/12/2000 | 241.25 | 44      | 134    | 86      | 1756   | 55   | 16   | 28   | 701      | 100      | 06/19/2000 | 241    | 44      |        |
| 25   | 108      | 06/15/2000 | 239    | 43.5    | 140    | 76      | 918    | 58   | 22   | 20   | 433      | 100      | 06/21/2000 | 234.5  | 41.25   | 140    |
| 26   | 114      | 06/27/2000 | 239    | 41.75   | 126    | 70      |        |      |      |      |          |          | 07/03/2000 | 242.5  | 38.75   |        |
| 27   | 121      | 07/12/2000 | 178    | 39.75   | 130    | 82      | 678.2  | 64   | 13   | 23   | 329      |          | 07/19/2000 | 176    | 38.25   | 140    |
| 28   | 134      |            |        |         |        |         |        |      |      |      |          |          | 07/18/2000 | 255    | 48.5    | 130    |
| 29   | 141      | 07/12/2000 | 179.5  |         | 112    | 74      | 723.2  | 38   | 18   | 44   | 369      |          | 07/20/2000 | 178.25 | 35.5    | 122    |



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| Rows | idnumber | diasto3 | kcal3 | cho3 | ptn3 | fat3 | calcium3 | cmprate3 | w4date     | w4wt   | w4waist | systo4 | diasto4 | kcal4 | cho4 | ptn4 | fat4 |
|------|----------|---------|-------|------|------|------|----------|----------|------------|--------|---------|--------|---------|-------|------|------|------|
| 1    | 109      | .       | .     | .    | .    | .    | .        | .        | .          | .      | .       | .      | .       | .     | .    | .    | .    |
| 2    | 103      | 76      | 1400  | 54   | 17   | 29   | 963      | 100      | 07/06/2000 | 191.5  | 40.5    | 120    | 80      | 1266  | 60   | 19   | 22   |
| 3    | 107      | 78      | .     | .    | .    | .    | .        | .        | .          | .      | .       | .      | .       | .     | .    | .    | .    |
| 4    | 111      | 78      | 1315  | 55   | 17   | 29   | 900      | 100      | 07/03/2000 | 199    | 37      | 120    | 78      | 1318  | 48   | 15   | 37   |
| 5    | 123      | 76      | 2188  | 37   | 22   | 41   | 866      | 75       | 07/12/2000 | 286    | .       | 120    | 76      | 1319  | 42   | 22   | 36   |
| 6    | 129      | 85      | 1469  | 64   | 13   | 23   | 680      | 100      | 07/14/2000 | 213    | 40.5    | 120    | 77      | 715   | 63   | 21   | 17   |
| 7    | 133      | 80      | 932   | 61   | 18   | 22   | 901.5    | .        | 07/24/2000 | 189    | 36      | .      | .       | 1217  | 41   | 18   | 41   |
| 8    | 135      | 70      | 932.5 | 65   | 20   | 15   | 187.2    | .        | 08/08/2000 | 36.25  | 120     | 70     | .       | .     | .    | .    | .    |
| 9    | 136      | 80      | .     | .    | .    | .    | .        | .        | 08/22/2000 | 227.5  | 41.5    | 112    | 68      | 1208  | 56   | 18   | 26   |
| 10   | 138      | 80      | 1757  | 51   | 19   | 30   | 1387     | .        | .          | .      | .       | .      | .       | .     | .    | .    | .    |
| 11   | 139      | 80      | 1188  | 66   | 17   | 17   | 627      | .        | 07/31/2000 | 185.5  | 33      | 122    | 78      | 1266  | 62   | 22   | 16   |
| 12   | 140      | 86      | 1091  | 51   | 26   | 23   | 942      | .        | 07/18/2000 | 157.25 | 40.25   | 120    | 80      | 1249  | 63   | 22   | 15   |
| 13   | 132      | .       | .     | .    | .    | .    | .        | .        | .          | .      | .       | .      | .       | .     | .    | .    | .    |
| 14   | 101      | 78      | 1794  | 47   | 17   | 37   | 1209     | 25       | 06/28/2000 | 246.5  | .       | 134    | 84      | 2418  | 49   | 13   | 38   |
| 15   | 115      | 80      | 1284  | 37   | 23   | 34   | 377      | 86       | 07/12/2000 | 175    | 35      | 125    | 75      | 1129  | 48   | 18   | 34   |
| 16   | 117      | 80      | 1073  | 57   | 15   | 27   | 365      | .        | 07/31/2000 | 222    | 43.5    | 123    | 86      | 1164  | 62   | 14   | 23   |
| 17   | 118      | 82      | 1528  | 53   | 15   | 32   | 778      | 100      | 07/05/2000 | 168    | .       | 130    | 82      | 1329  | 53   | 15   | 32   |
| 18   | 119      | 65      | 1061  | 56   | 22   | 21   | 565      | 100      | 06/27/2000 | 166    | 36.75   | 122    | 78      | 1310  | 59   | 18   | 22   |
| 19   | 120      | 80      | 1224  | 60   | 16   | 25   | 299      | .        | 07/24/2000 | 194    | 41      | 140    | 90      | 1401  | 55   | 16   | 29   |
| 20   | 124      | 84      | 1145  | 60   | 20   | 20   | 450      | 100      | 07/03/2000 | 214.5  | 46.75   | 125    | 85      | 1134  | 53   | 18   | 29   |
| 21   | 125      | .       | 1003  | 58   | 16   | 26   | 35       | .        | 07/20/2000 | 158    | 34.75   | 123    | 82      | 1096  | 61   | 17   | 22   |
| 22   | 127      | 78      | 884   | 52   | 15   | 26   | 373      | 100      | 07/07/2000 | 172.5  | 35.5    | 128    | 75      | 1248  | 42   | 17   | 40   |
| 23   | 113      | .       | 1147  | 64   | 18   | 18   | 484      | .        | .          | .      | .       | .      | .       | .     | .    | .    | .    |
| 24   | 104      | .       | 1585  | 52   | 18   | 28   | 905      | 100      | 06/28/2000 | 237.5  | .       | 142    | 82      | 1155  | 53   | 23   | 25   |
| 25   | 108      | 78      | 953   | 55   | 16   | 28   | 517      | 100      | 06/29/2000 | 231    | 42.75   | 125    | 90      | 826   | 49   | 20   | 31   |
| 26   | 114      | .       | 1476  | 45   | 18   | 37   | 366      | .        | 07/10/2000 | 237    | 38.9    | 118    | 70      | 1383  | 53   | 15   | 32   |
| 27   | 121      | 80      | 1027  | 51   | 15   | 34   | 357      | .        | 07/26/2000 | 176    | 40      | 130    | 78      | 809   | 48   | 19   | 33   |
| 28   | 134      | 85      | 2038  | 38   | 16   | 43   | 728      | .        | 07/28/2000 | 253    | 47      | 125    | 80      | 2180  | 51   | 20   | 29   |
| 29   | 141      | 78      | 859   | 48   | 20   | 32   | 299      | .        | 07/27/2000 | 177.5  | 37      | 118    | 80      | 937   | 41   | 19   | 40   |
| 30   | 110      | 78      | 1115  | 55   | 16   | 28   | 517      | 100      | 06/29/2000 | 231    | 42.75   | 125    | 90      | 826   | 49   | 20   | 31   |

sorted

| Rows | idnumber | calcium4 | cmprate4 | w5date     | w5wt  | w5waist | systo5 | diasto5 | kcal5 | cho5 | ptn5 | fat5 | calcium5 | cmprate5 | w6date     | w6wt  |
|------|----------|----------|----------|------------|-------|---------|--------|---------|-------|------|------|------|----------|----------|------------|-------|
| 1    | 109      | .        | .        | .          | .     | .       | .      | .       | .     | .    | .    | .    | .        | .        | .          | .     |
| 2    | 103      | 1076     | 100      | 07/12/2000 | 190   | .       | 120    | 76      | 1330  | 60   | 17   | 23   | 602      | .        | 07/18/2000 | 186.5 |
| 3    | 107      | .        | .        | 07/11/2000 | 188.5 | 37.75   | 120    | 85      | .     | .    | .    | .    | .        | .        | 07/18/2000 | 189.5 |
| 4    | 111      | 909      | 100      | 07/10/2000 | 201   | .       | 120    | 80      | 1205  | 50   | 19   | 31   | 1017     | .        | 07/17/2000 | 200   |
| 5    | 123      | 775      | 75       | 07/19/2000 | 286   | .       | 132    | 82      | 1811  | 44   | 18   | 37   | 991      | .        | 07/26/2000 | 286   |
| 6    | 129      | 415      | .        | 07/20/2000 | 212   | 41      | 130    | 85      | 1107  | 57   | 18   | 24   | 1310     | .        | .          | .     |
| 7    | 133      | 417      | .        | 08/02/2000 | 189.5 | 35.5    | 130    | 82      | 1068  | 51   | 17   | 31   | 954      | .        | .          | .     |
| 8    | 135      | .        | .        | 08/16/2000 | 198   | 35      | 128    | 82      | 1581  | 52   | 13   | 9    | 1581     | .        | .          | .     |
| 9    | 136      | 1206     | .        | 08/29/2000 | 228.5 | 41      | 120    | 74      | 1382  | 57   | 22   | 21   | 1359     | .        | .          | .     |
| 10   | 138      | .        | .        | 08/18/2000 | 271   | 47      | 138    | 80      | 2279  | 55   | 15   | 30   | 1406     | .        | 08/22/2000 | 269   |
| 11   | 139      | 624      | .        | 08/08/2000 | 188   | 34.5    | 120    | 70      | 1068  | 57   | 23   | 20   | 519      | .        | 08/15/2000 | 185   |
| 12   | 140      | 1327     | .        | 07/25/2000 | 155   | 37.5    | 120    | 78      | 1284  | 52   | 22   | 27   | 1232     | .        | 08/01/2000 | 153.5 |
| 13   | 132      | .        | .        | .          | .     | .       | .      | .       | .     | .    | .    | .    | .        | .        | .          | .     |
| 14   | 101      | 960.8    | 60       | 07/05/2000 | 245   | .       | 122    | 82      | 1387  | 47   | 19   | 34   | 1060     | 50       | 07/12/2000 | 249   |
| 15   | 115      | 460.9    | .        | 07/20/2000 | 176   | 36.5    | 130    | 80      | 810.7 | 44   | 18   | 38   | 344.4    | .        | 07/26/2000 | 174   |
| 16   | 117      | 330      | .        | 08/09/2000 | 221.5 | 41      | 122    | 78      | 735.7 | 63   | 17   | 20   | 277.2    | .        | 08/14/2000 | 221   |
| 17   | 118      | 519      | 100      | 07/12/2000 | 167   | .       | 136    | 84      | 1428  | 54   | 16   | 30   | 713      | .        | 07/19/2000 | 164   |
| 18   | 119      | 586      | 100      | 07/03/2000 | 164   | 35.5    | 110    | 75      | 1347  | 56   | 18   | 26   | 434      | 100      | 07/11/2000 | 163   |
| 19   | 120      | 199      | .        | 07/31/2000 | 192   | 40.5    | 128    | 80      | 1071  | 65   | 16   | 19   | 269      | .        | .          | .     |
| 20   | 124      | 638      | 100      | .          | .     | .       | .      | .       | .     | .    | .    | .    | .        | .        | 07/19/2000 | 211   |
| 21   | 125      | 513      | .        | 07/27/2000 | .     | .       | .      | .       | 1261  | 56   | 17   | 27   | 315      | .        | 08/03/2000 | 154   |
| 22   | 127      | 539.6    | 100      | 07/16/2000 | 172.5 | 36.75   | 128    | 90      | .     | .    | .    | .    | .        | .        | 07/24/2000 | 170   |
| 23   | 113      | .        | .        | .          | .     | .       | .      | .       | .     | .    | .    | .    | .        | .        | .          | .     |
| 24   | 104      | 645      | .        | 07/03/2000 | 237   | .       | 148    | 86      | 1167  | 51   | 23   | 26   | 590      | .        | 07/10/2000 | 235   |
| 25   | 108      | 396      | 100      | 07/06/2000 | 231   | 43.75   | 130    | 85      | 842   | 51   | 19   | 30   | 430      | .        | 07/13/2000 | 227   |
| 26   | 114      | 814      | .        | 07/17/2000 | 238   | 40.5    | 125    | 80      | 1497  | 47   | 18   | 35   | 429      | .        | 07/24/2000 | 238   |
| 27   | 121      | 205      | .        | 08/02/2000 | 176   | 36.25   | 142    | 80      | 978   | 48   | 14   | 38   | 252      | .        | 08/10/2000 | 175   |
| 28   | 134      | 685      | .        | .          | .     | .       | .      | .       | 2013  | 53   | 16   | 32   | 1019     | .        | 08/07/2000 | 251.5 |
| 29   | 141      | 273      | .        | 08/03/2000 | 178.5 | 36.75   | 118    | 80      | 943   | 46   | 19   | 35   | 282      | .        | 08/10/2000 | 174   |
| 30   | 142      | 273      | .        | 08/03/2000 | 178.5 | 36.75   | 118    | 80      | 943   | 46   | 19   | 35   | 282      | .        | 08/10/2000 | 174   |

sorted

| Rows | idnumber | w6waist | systo6 | diasto6 | kcal6 | cho6 | ptn6 | fat6 | calcium6 | w7date     | w7wt   | w7waist | systo7 | diasto7 | kcal7 | cho7 | ptn7 |
|------|----------|---------|--------|---------|-------|------|------|------|----------|------------|--------|---------|--------|---------|-------|------|------|
| 1    | 109      | .       | .      | .       | .     | .    | .    | .    | .        | .          | .      | .       | .      | .       | .     | .    | .    |
| 2    | 103      | 39.75   | 130    | 80      | 1563  | 52   | 19   | 29   | 1002     | 07/26/2000 | 187.5  | 39      | .      | .       | 1593  | 57   | 18   |
| 3    | 107      | 36.5    | 125    | 82      | .     | .    | .    | .    | .        | 07/26/2000 | 189.75 | 34.5    | .      | .       | 1644  | 45   | 16   |
| 4    | 111      | 38      | 120    | 78      | 1227  | 49   | 20   | 31   | 857      | .          | .      | .       | .      | .       | 1367  | 43   | 19   |
| 5    | 123      | 51      | 144    | 90      | 2218  | 41   | 21   | 36   | 851      | 08/02/2000 | 281    | 51.5    | 146    | 82      | 1493  | 50   | 19   |
| 6    | 129      | .       | .      | .       | 939   | 44   | 25   | 31   | 1191     | 07/31/2000 | 212    | 39.5    | 148    | 84      | 1922  | 46   | 20   |
| 7    | 133      | .       | .      | .       | 916   | 44   | 16   | 40   | 526      | 08/15/2000 | 190    | 37      | 125    | 80      | 2101  | 46   | 17   |
| 8    | 135      | .       | .      | .       | .     | .    | .    | .    | .        | 08/28/2000 | 196    | 37      | 120    | 78      | .     | .    | .    |
| 9    | 136      | .       | .      | .       | 1700  | 46   | 19   | 33   | 1318     | .          | .      | .       | .      | .       | 1604  | 50   | 18   |
| 10   | 138      | 46.5    | 132    | 82      | 1573  | 57   | 19   | 24   | 1439     | 08/29/2000 | 268    | 46      | 120    | 80      | 1600  | 59   | 19   |
| 11   | 139      | 35      | 110    | 70      | 1088  | 63   | 22   | 15   | 500      | 08/24/2000 | 184    | 37      | 120    | 79      | 1140  | 61   | 22   |
| 12   | 140      | 36      | 118    | 78      | 1391  | 53   | 22   | 25   | 1365.7   | .          | .      | .       | .      | .       | 1225  | 49   | 22   |
| 13   | 132      | .       | .      | .       | .     | .    | .    | .    | .        | .          | .      | .       | .      | .       | .     | .    | .    |
| 14   | 101      | .       | 132    | 86      | .     | .    | .    | .    | .        | 07/19/2000 | 248    | .       | 142    | 84      | .     | .    | .    |
| 15   | 115      | 34.5    | 136    | 80      | 1392  | 47   | 17   | 34   | 469      | 08/02/2000 | 173.25 | 36      | 130    | 74      | 935   | 41   | 21   |
| 16   | 117      | 44      | 125    | 78      | 881   | 55   | 17   | 28   | 275      | 08/21/2000 | 216    | 45.5    | 112    | 72      | 1375  | 52   | 16   |
| 17   | 118      | .       | 142    | 86      | 1290  | 60   | 13   | 27   | 514.7    | 07/26/2000 | 164    | 39      | 120    | 78      | 1512  | 53   | 14   |
| 18   | 119      | 36.5    | 118    | 75      | 806   | 57   | 17   | 25   | 440      | 07/18/2000 | 162    | 36      | 120    | 75      | 1357  | 53   | 18   |
| 19   | 120      | .       | .      | .       | 1278  | 48   | 16   | 15   | 485      | 08/14/2000 | 190    | 39.125  | 160    | 88      | 1162  | 60   | 16   |
| 20   | 124      | .       | 130    | 76      | 818   | 58   | 18   | 24   | 308      | .          | .      | .       | .      | .       | .     | .    | .    |
| 21   | 125      | 33.5    | 120    | 78      | 967   | 49   | 19   | 32   | 251      | 08/10/2000 | 154    | 34      | 118    | 82      | 653   | 54   | 20   |
| 22   | 127      | 36      | 128    | 80      | 1083  | 51   | 17   | 32   | 471      | 08/02/2000 | 171.75 | 36.25   | 130    | 72      | 1540  | 50   | 13   |
| 23   | 113      | .       | .      | .       | .     | .    | .    | .    | .        | .          | .      | .       | .      | .       | .     | .    | .    |
| 24   | 104      | 42.25   | 138    | 84      | 1515  | 56   | 18   | 26   | 612      | 07/17/2000 | 234    | 43      | 130    | 72      | 1585  | 59   | 16   |
| 25   | 108      | 42.5    | 130    | 80      | 897   | 61   | 16   | 22   | 473      | 07/20/2000 | 230    | 44      | 138    | 85      | 1122  | 64   | 18   |
| 26   | 114      | 40      | .      | .       | 1601  | 47   | 17   | 36   | 429      | 08/02/2000 | 235    | 39      | 128    | 74      | 1526  | 49   | 17   |
| 27   | 121      | 37.25   | 138    | 85      | 760   | 66   | 15   | 20   | 323      | 08/18/2000 | 174    | 38.5    | 130    | 78      | 630.6 | 64   | 13   |
| 28   | 134      | 45      | 130    | 82      | 2101  | 46   | 17   | 33   | 771      | 08/15/2000 | 252    | 46.75   | 136    | 92      | 2101  | 46   | 17   |
| 29   | 141      | 36      | 110    | 70      | 1262  | 35   | 14   | 51   | 265      | 08/18/2000 | 177    | 36.5    | 128    | 80      | .     | .    | .    |
| --   | ...      | .       | .      | .       | .     | .    | .    | .    | .        | .          | .      | .       | .      | .       | .     | .    | .    |

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| Rows | idnumber | fat7 | calcium7 | w8date     | w8wt   | w8waist | systo8 | diasto8 | kcal8  | cho8 | ptn8 | fat8 | calcium8 | w9date     | w9wt   | w9waist |
|------|----------|------|----------|------------|--------|---------|--------|---------|--------|------|------|------|----------|------------|--------|---------|
| 1    | 109      | .    | .        | .          | .      | .       | .      | .       | .      | .    | .    | .    | .        | .          | .      | .       |
| 2    | 103      | 26   | 1338.8   | 08/02/2000 | 185.5  | 38.5    | 102    | 68      | 1376.4 | 57   | 20   | 23   | 1411.5   | 08/09/2000 | 184    | 39      |
| 3    | 107      | 40   | 823      | .          | .      | .       | .      | .       | 873    | 58   | 18   | 25   | 674      | 08/09/2000 | 191.5  | 35.5    |
| 4    | 111      | 38   | 1327     | .          | .      | .       | .      | .       | 1645   | 44   | 20   | 36   | 1272     | 08/08/2000 | 200    | 38.5    |
| 5    | 123      | 31   | 724.7    | .          | .      | .       | .      | .       | 1968   | 40   | 21   | 39   | 863      | 08/14/2000 | 284.25 | 52.5    |
| 6    | 129      | 34   | 2038     | 08/07/2000 | 214    | 38.5    | 140    | 88      | 1921   | 46   | 20   | 34   | 2038     | .          | .      | .       |
| 7    | 133      | 33   | 771      | 08/21/2000 | 189    | 36.5    | 125    | 78      | 836    | 46   | 20   | 34   | 631      | 08/28/2000 | 187.25 | 37      |
| 8    | 135      | .    | .        | 09/05/2000 | 196.5  | 35      | 126    | 74      | 1469.9 | 55   | 18   | 27   | 1644.5   | 09/12/2000 | 198    | 34.5    |
| 9    | 136      | 30   | 1355     | .          | .      | .       | .      | .       | 1440   | 42   | 22   | 36   | 1277     | 09/25/2000 | 227.5  | 43.5    |
| 10   | 138      | 22   | 1154     | 09/07/2000 | 267    | 46.5    | 120    | 75      | 2241   | 55   | 16   | 21   | 1485     | 09/13/2000 | 265.5  | 47.5    |
| 11   | 139      | 17   | 609      | 08/30/2000 | 183    | 32.5    | 130    | 78      | 1237   | 61   | 19   | 19   | 450      | 09/05/2000 | 182.5  | 32      |
| 12   | 140      | 27   | 1167     | 08/15/2000 | 154    | 39.5    | 119    | 78      | 1579   | 42   | 17   | 37   | 1126     | 08/21/2000 | 152    | 38.5    |
| 13   | 132      | .    | .        | .          | .      | .       | .      | .       | .      | .    | .    | .    | .        | .          | .      | .       |
| 14   | 101      | .    | .        | 07/24/2000 | 248    | .       | 130    | 90      | .      | .    | .    | .    | .        | 08/02/2000 | 248    | 45.5    |
| 15   | 115      | 38   | 246      | 08/07/2000 | 174    | 35.25   | 130    | 72      | 1105   | 45   | 16   | 34   | 332      | 08/14/2000 | 175    | 36      |
| 16   | 117      | 33   | 362      | 08/28/2000 | 217    | 41.5    | 120    | 80      | 1112   | 59   | 16   | 25   | 322      | 09/05/2000 | 217    | 39      |
| 17   | 118      | 33   | 635      | 08/02/2000 | 163    | 37      | 138    | 82      | 1274   | 59   | 19   | 23   | 518      | .          | .      | .       |
| 18   | 119      | 29   | 813      | .          | .      | .       | .      | .       | 1109   | 34   | 17   | 29   | 437      | 08/01/2000 | 167    | 35.5    |
| 19   | 120      | 24   | 250      | 08/21/2000 | 191    | 39      | 148    | 76      | 1488   | 53   | 18   | 29   | 384      | 08/28/2000 | 190    | 41      |
| 20   | 124      | .    | .        | 07/31/2000 | 209    | 44      | 128    | 82      | 755    | 52   | 17   | 31   | 330      | 08/09/2000 | 208    | 43      |
| 21   | 125      | 26   | 251      | 08/17/2000 | 152.5  | 34.5    | 120    | 80      | .      | .    | .    | .    | .        | 08/24/2000 | 151    | 33.5    |
| 22   | 127      | 37   | 380      | .          | .      | .       | .      | .       | .      | .    | .    | .    | .        | .          | .      | .       |
| 23   | 113      | .    | .        | 08/01/2000 | 211.5  | 39      | 118    | 75      | .      | .    | .    | .    | .        | 08/07/2000 | 215    | 41      |
| 24   | 104      | 25   | 623      | 07/24/2000 | 232    | 42      | .      | .       | 1431   | 55   | 16   | 29   | 953.9    | 07/31/2000 | 232    | 44.75   |
| 25   | 108      | 18   | 341      | 07/27/2000 | 226.25 | 43      | 130    | 82      | 1280   | 47   | 18   | 35   | 793      | 08/02/2000 | 225    | 43      |
| 26   | 114      | 34   | 354      | 08/10/2000 | 236    | 39      | 130    | 90      | 1229   | 44   | 17   | 40   | 286      | .          | .      | .       |
| 27   | 121      | 23   | 370      | 08/24/2000 | 172    | 37.25   | 125    | 80      | 715.5  | 49   | 16   | 35   | 219.5    | 08/31/2000 | 170    | 36      |
| 28   | 134      | 33   | 771      | .          | .      | .       | .      | .       | 1121   | 59   | 20   | 20   | 321      | .          | .      | .       |
| 29   | 141      | .    | .        | .          | .      | .       | .      | .       | 1225   | 54   | 14   | 32   | 463      | 08/28/2000 | 174    | 35      |
| ..   | ...      | ..   | ..       | ..         | ..     | ..      | ..     | ..      | ..     | ..   | ..   | ..   | ..       | ..         | ..     | ..      |

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| Rows | idnumber | systo9 | diasto9 | kcal9 | cho9 | ptn9 | fat9 | calcium9 | w10date    | w10wt | w10waist | systo10 | diasto10 | kcal10 | cho10 | ptn10 | fat10 |
|------|----------|--------|---------|-------|------|------|------|----------|------------|-------|----------|---------|----------|--------|-------|-------|-------|
| 1    | 109      | .      | .       | .     | .    | .    | .    | .        | .          | .     | .        | .       | .        | .      | .     | .     | .     |
| 2    | 103      | 108    | 72      | 1570  | 50   | 17   | 33   | 1017     | 08/16/2000 | 183.5 | 38       | 106     | 68       | 1588   | 60    | 17    | 23    |
| 3    | 107      | 128    | 82      | 1210  | 40   | 15   | 44   | 425      | .          | .     | .        | .       | .        | 1439   | 36    | 21    | 43    |
| 4    | 111      | 110    | 78      | 1471  | 42   | 20   | 38   | 1307     | 08/15/2000 | 201   | 37       | 124     | 84       | 1472   | 42    | 20    | 38    |
| 5    | 123      | 152    | 88      | 1769  | 44   | 23   | 32   | 716      | 08/21/2000 | 288   | 51       | 150     | 85       | 2578   | 39    | 20    | 41    |
| 6    | 129      | .      | .       | 1441  | 42   | 21   | 36   | 1405     | 08/18/2000 | 214.5 | 41       | 125     | 78       | .      | .     | .     | .     |
| 7    | 133      | 132    | 88      | 866   | 53   | 14   | 32   | .        | 09/06/2000 | 184   | 37       | 114     | 90       | 1155   | 47    | 23    | 30    |
| 8    | 135      | 132    | 74      | .     | .    | .    | .    | .        | 09/17/2000 | 198.5 | 35       | 128     | 78       | .      | .     | .     | .     |
| 9    | 136      | 118    | 78      | 2128  | 48   | 14   | 37   | 1289     | 10/03/2000 | 224.5 | 42       | 112     | 76       | 1449   | 48    | 15    | 37    |
| 10   | 138      | 120    | 75      | .     | .    | .    | .    | .        | .          | .     | .        | .       | .        | 1603   | 58    | 17    | 23    |
| 11   | 139      | 118    | 72      | 1224  | 64   | 21   | 14   | 556      | 09/14/2000 | 182   | 36.5     | 122     | 80       | 1083.9 | 60    | 25    | 15    |
| 12   | 140      | 120    | 78      | 1021  | 57   | 26   | 17   | 1375     | 08/29/2000 | 150   | 38       | 125     | 80       | 1462   | 50    | 20    | 28    |
| 13   | 132      | .      | .       | .     | .    | .    | .    | .        | .          | .     | .        | .       | .        | .      | .     | .     | .     |
| 14   | 101      | 132    | 82      | .     | .    | .    | .    | .        | .          | .     | .        | .       | .        | .      | .     | .     | .     |
| 15   | 115      | 132    | 72      | 1158  | 36   | 23   | 38   | 425      | 08/21/2000 | 174   | 35       | 118     | 76       | 1236   | 39    | 18    | 43    |
| 16   | 117      | 124    | 78      | 1113  | 59   | 16   | 25   | 322      | 09/11/2000 | 216   | 42       | 117     | 80       | 750    | 58    | 16    | 26    |
| 17   | 118      | .      | .       | 1482  | 55   | 15   | 30   | 638      | 08/16/2000 | 159   | 35.5     | 130     | 84       | 1013   | 53    | 17    | 30    |
| 18   | 119      | 116    | 75      | 1363  | 59   | 15   | 25   | 611      | 08/08/2000 | 161   | 35       | 122     | 78       | 1320   | 55    | 15    | 30    |
| 19   | 120      | 138    | 82      | 1110  | 47   | 19   | 34   | 262      | 09/06/2000 | 189   | 40       | 158     | 88       | 1605   | 40    | 17    | 43    |
| 20   | 124      | 132    | 80      | .     | .    | .    | .    | .        | 08/16/2000 | 206   | 42.25    | 136     | 80       | .      | .     | .     | .     |
| 21   | 125      | 110    | 75      | 1018  | 59   | 19   | 22   | 295      | 08/30/2000 | 151   | 33       | .       | .        | .      | .     | .     | .     |
| 22   | 127      | .      | .       | .     | .    | .    | .    | .        | .          | .     | .        | .       | .        | .      | .     | .     | .     |
| 23   | 113      | 110    | 78      | .     | .    | .    | .    | .        | 08/15/2000 | 214   | 44       | 115     | 80       | .      | .     | .     | .     |
| 24   | 104      | 120    | 78      | 1363  | 58   | 17   | 25   | 460.9    | 08/07/2000 | 231.5 | 41.5     | 130     | 80       | 1554   | 58    | 18    | 24    |
| 25   | 108      | 132    | 80      | 983.8 | 57   | 17   | 26   | 619.5    | 08/09/2000 | 224   | 38       | 128     | 82       | 1002   | 59    | 21    | 20    |
| 26   | 114      | .      | .       | .     | .    | .    | .    | .        | 08/23/2000 | 231.5 | 38       | 112     | 70       | 1229   | 44    | 17    | 40    |
| 27   | 121      | 140    | 85      | 717   | 54   | 8    | 38   | 178      | 09/07/2000 | 170   | 35.25    | 118     | 75       | 780    | 52    | 13    | 35    |
| 28   | 134      | .      | .       | .     | .    | .    | .    | .        | 09/06/2000 | 249   | .        | 120     | 80       | .      | .     | .     | .     |
| 29   | 141      | 110    | 78      | .     | .    | .    | .    | .        | 09/06/2000 | 174.5 | 34.5     | 106     | 72       | 1444   | 47    | 18    | 36    |
| ..   | ...      | .      | .       | .     | .    | .    | .    | .        | .          | .     | .        | .       | .        | .      | .     | .     | .     |

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| Rows | idnumber | calc10 | w11date    | w11wt  | w11waist | systo11 | diasto11 | kcal11 | cho11 | ptn11 | fat11 | calc11 | midavg<br>dietary Ca | midavg total<br>Ca |
|------|----------|--------|------------|--------|----------|---------|----------|--------|-------|-------|-------|--------|----------------------|--------------------|
| 1    | 109      | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | 0                    | 0                  |
| 2    | 103      | 1520   | .          | .      | .        | .       | .        | 1529   | 63    | 17    | 20    | 1286   | 1082                 | 1081.63            |
| 3    | 107      | 891    | 08/24/2000 | 190.5  | 39       | 135     | 90       | 1211   | 40    | 15    | 44    | 426    | 684.2                | 684.1667           |
| 4    | 111      | 1307.2 | 08/22/2000 | 198    | 39       | 116     | 78       | 1325   | 44    | 24    | 32    | 1202   | 1043                 | 1042.6             |
| 5    | 123      | 1134   | 08/28/2000 | 288    | .        | .       | .        | .      | .     | .     | .     | .      | 825.4                | 825.4111           |
| 6    | 129      | .      | 08/28/2000 | 214    | 39.5     | 128     | 80       | 1250   | 53    | 15    | 32    | 879    | 1103                 | 1103.28            |
| 7    | 133      | 694    | 09/11/2000 | 185    | 36       | 115     | 80       | 901    | 48    | 20    | 33    | 622    | 659.1                | 659.0556           |
| 8    | 135      | .      | 09/27/2000 | 195    | 33.5     | 124     | 82       | .      | .     | .     | .     | .      | 1127                 | 1127.14            |
| 9    | 136      | 1166   | .          | .      | .        | .       | .        | 1423   | 46    | 20    | 29    | 1005   | 1255                 | 1255.444           |
| 10   | 138      | 974    | 09/28/2000 | 263    | 120      | 80      | .        | .      | .     | .     | .     | .      | 1309                 | 1309.143           |
| 11   | 139      | 579.6  | 09/20/2000 | 181    | 31       | 120     | 68       | 963    | 61    | 22    | 16    | 588    | 591.5                | 591.5              |
| 12   | 140      | 1346   | 09/05/2000 | 150    | 37.75    | 128     | 75       | 1288.5 | 43    | 24    | 29    | 1216.5 | 1188                 | 1187.8             |
| 13   | 132      | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | 0                    | 0                  |
| 14   | 101      | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | 1150                 | 1150.32            |
| 15   | 115      | 427    | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | 381.8                | 1181.811           |
| 16   | 117      | 267    | 09/18/2000 | 215.25 | 41.5     | 110     | 75       | 903    | 62    | 16    | 22    | 266    | 317.1                | 1117.12            |
| 17   | 118      | 714    | .          | .      | .        | .       | .        | 1157   | 53    | 17    | 30    | 661    | 605.7                | 1405.67            |
| 18   | 119      | 779    | 08/15/2000 | 160    | 34.5     | 110     | 75       | 1263   | 52    | 14    | 34    | 674    | 555.3                | 1355.3             |
| 19   | 120      | 399    | .          | .      | .        | .       | .        | 1275   | 38    | 17    | 46    | 218    | 299.3                | 1099.333           |
| 20   | 124      | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | 456                  | 1256               |
| 21   | 125      | .      | 09/06/2000 | 148.5  | 32       | 116     | 84       | .      | .     | .     | .     | .      | 282.1                | 1082.125           |
| 22   | 127      | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | 431.4                | 1231.433           |
| 23   | 113      | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | 497                  | 1297               |
| 24   | 104      | 641    | .          | .      | .        | .       | .        | 1529   | 63    | 17    | 20    | 1286   | 753                  | 752.9778           |
| 25   | 108      | 689.5  | 08/16/2000 | 224    | 42.25    | 130     | 78       | 1107   | 54    | 17    | 29    | 545    | 493.6                | 493.65             |
| 26   | 114      | 286    | 08/30/2000 | 228.5  | 38       | 130     | 80       | .      | .     | .     | .     | .      | 489.7                | 489.7143           |
| 27   | 121      | 410    | 09/19/2000 | 170    | 34.5     | 138     | 80       | 644    | 50    | 10    | 40    | 161    | 274.1                | 274.05             |
| 28   | 134      | .      | .          | .      | .        | .       | .        | 2081   | 50    | 15    | 31    | 756    | 747.8                | 747.75             |
| 29   | 141      | 521    | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | 381.2                | 381.2286           |
| ---  | ---      | ---    | ---        | ---    | ---      | ---     | ---      | ---    | ---   | ---   | ---   | ---    | ---                  | ---                |

sorted

| Rows | idnumber | midpointavg<br>calories | dexa2dat   | totalwtg2 | totfat2 | totfat%2 | trunkfat2 | trkfata2 | midpoint wt.<br>change | lab2date   | mfinsul | mins15  | mins30 |
|------|----------|-------------------------|------------|-----------|---------|----------|-----------|----------|------------------------|------------|---------|---------|--------|
| 1    | 109      | 0                       |            |           |         |          |           |          |                        |            |         |         |        |
| 2    | 103      | 1467                    | 08/30/2000 | 79867.5   | 21781.3 | 27.3     | 12549.8   | 31.9     | -21                    | 08/28/2000 | 174.292 | 306.48  | 301.16 |
| 3    | 107      | 1269                    | 09/05/2000 | 86171.4   | 47637.6 | 55.3     | 21828.7   | 55.1     | -6                     | 08/29/2000 |         |         |        |
| 4    | 111      | 1330                    | 08/22/2000 | 89476.4   | 44649.8 | 49.9     | 22795.3   | 52       | -4                     | 08/21/2000 | 22.128  | 86.204  | 240.1  |
| 5    | 123      | 1739                    | 09/08/2000 | 127197.6  | 61939   | 48.7     | 30181.7   | 50.3     | -6                     | 09/09/2000 | 35.978  | 63.646  | 341.26 |
| 6    | 129      | 1344                    | 09/18/2000 | 95773.2   | 47204   | 49.3     | 23730.8   | 50.3     | -5                     | 09/11/2000 | 37.93   | 510.88  | 632.04 |
| 7    | 133      | 1085                    | 09/19/2000 | 83184.2   | 44513.2 | 53.5     | 22597.1   | 54.7     | -10.25                 | 09/09/2000 | 22.874  | 503.16  | 845.86 |
| 8    | 135      | 1232                    |            |           |         |          |           |          | -9.5                   |            |         |         |        |
| 9    | 136      | 1471                    | 10/16/2000 | 101603.1  | 49075   | 48.3     | 24129.8   | 48       | -11                    | 10/11/2000 | 281.12  | 158.834 | 230.42 |
| 10   | 138      | 1816                    | 10/18/2000 | 115593    | 65738.6 | 56.9     | 38316.7   | 60.8     | -14                    | 10/09/2000 | 8.978   | 27.228  | 72.598 |
| 11   | 139      | 1200                    | 09/20/2000 | 92931.4   | 36667.4 | 44.2     | 15126.6   | 42.5     | -14                    | 09/09/2000 | 29.008  | 247.88  | 346.56 |
| 12   | 140      | 1257                    | 09/05/2000 | 67301.7   | 33079.4 | 49.2     | 16056.4   | 51.8     | -12                    | 09/14/2000 | 22.68   | 75.62   | 312.4  |
| 13   | 132      | 0                       |            |           |         |          |           |          |                        |            |         |         |        |
| 14   | 101      | 1842                    |            |           |         |          |           |          |                        |            |         |         |        |
| 15   | 115      | 1112                    | 09/05/2000 | 78811.2   | 34207.1 | 43.4     | 789.7     | 47.2     | -6                     | 08/29/2000 | 1.96    | 384.66  | 522.3  |
| 16   | 117      | 1041                    | 10/03/2000 | 96608.4   | 61054.4 | 63.2     | 31782.7   | 64.9     | -18.75                 | 09/26/2000 | 323.66  | 66.418  | 201.22 |
| 17   | 118      | 1371                    | 08/30/2000 | 70491.2   | 33164   | 47       | 17731.7   | 51.4     | -15.5                  | 08/22/2000 | 27.326  | 636.14  | 504.02 |
| 18   | 119      | 1227                    | 08/24/2000 | 72326.9   | 27068.1 | 37.4     | 12366     | 37.3     | -15                    | 08/14/2000 | 33.19   | 409.26  | 486.34 |
| 19   | 120      | 1245                    | 09/18/2000 | 85222.8   | 29340.2 | 34.4     | 16167     | 36.5     | -15                    | 09/14/2000 | 35.186  | 367     | 629.96 |
| 20   | 124      | 1033                    | 08/30/2000 | 93851.6   | 47940.6 | 51.1     | 26520.1   | 59.3     | -18                    | 08/22/2000 |         |         |        |
| 21   | 125      | 982.3                   |            |           |         |          |           |          | -17.5                  | 09/09/2000 |         |         |        |
| 22   | 127      | 1156                    |            |           |         |          |           |          |                        |            |         |         |        |
| 23   | 113      | 1045                    |            |           |         |          |           |          | 4                      |            |         |         |        |
| 24   | 104      | 1454                    | 08/21/2000 | 103569.2  | 62531.3 | 60.4     | 29690.6   | 59.7     | -14                    | 08/15/2000 | 81.712  | 1362.64 | 1065.4 |
| 25   | 108      | 979.7                   | 08/31/2000 | 100715.9  | 45606   | 45.3     | 22290.9   | 46.4     | -19.5                  | 08/22/2000 | 27.572  | 489.7   | 288.98 |
| 26   | 114      | 1591                    | 08/30/2000 | 103276.3  | 55158.1 | 53.4     | 27065.5   | 58       | -16.5                  | 08/29/2000 | 35.382  | 661.22  | 924.82 |
| 27   | 121      | 779.2                   | 09/28/2000 | 75777.1   | 37158.2 | 49       | 18145     | 48.82    | -15                    | 09/25/2000 | 26.982  | 78.392  | 87.602 |
| 28   | 134      | 1988                    | 10/17/2000 | 111806.7  | 41772.4 | 37.4     | 27637.9   | 44.5     | -8.5                   | 09/26/2000 | 38.878  | 220.92  | 482.78 |
| 29   | 141      | 1021                    | 09/28/2000 | 78003.2   | 46838.4 | 60       | 23493     | 62.6     | -9.5                   | 09/19/2000 | 38.168  | 59.438  | 235.18 |



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| Rows | idnumber | mins60  | mins90  | mins120 | mfin:s:mfglu ratio2 | mfglu | mglu15 | mglu30 | mglu60 | mglu90 | mglu120 | cholm | LDLm | HDLm | TGm |
|------|----------|---------|---------|---------|---------------------|-------|--------|--------|--------|--------|---------|-------|------|------|-----|
| 1    | 109      | .       | .       | .       | .                   | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |
| 2    | 103      | 11124.5 | 1424.66 | 316.82  | 1.874108            | 93    | 133    | 154    | 148    | 136    | 109     | 174   | 115  | 39   | 100 |
| 3    | 107      | .       | .       | .       | .                   | 100   | 142    | 166    | 155    | 124    | 107     | 210   | 143  | 47   | 102 |
| 4    | 111      | 79.82   | 257.46  | 401.94  | 0.254345            | 87    | 139    | 162    | 132    | 128    | 136     | 142   | 75   | 57   | 52  |
| 5    | 123      | 622.6   | 450.36  | 43.694  | 0.339415            | 106   | 126    | 142    | 159    | 77     | 77      | 156   | 99   | 47   | 48  |
| 6    | 129      | 1007.78 | 925.68  | 876.26  | 0.332719            | 114   | 186    | 223    | 225    | 153    | 131     | 257   | 166  | 43   | 239 |
| 7    | 133      | 496.94  | 325.82  | 264.26  | 0.26292             | 87    | 114    | 115    | 100    | 81     | 83      | 160   | 91   | 58   | 56  |
| 8    | 135      | .       | .       | .       | .                   | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |
| 9    | 136      | 648.98  | 1019.64 | 237.02  | 2.72932             | 103   | 144    | 194    | 202    | 167    | 132     | 219   | 137  | 43   | 195 |
| 10   | 138      | 67.086  | 64.154  | 25.62   | 0.086327            | 104   | .      | .      | .      | .      | .       | 194   | 125  | 54   | 73  |
| 11   | 139      | 76.38   | 69.782  | 62.084  | 0.302167            | 96    | 140    | 117    | 91     | 83     | 87      | 191   | 111  | 68   | 58  |
| 12   | 140      | 67.17   | 82.646  | 70.194  | 0.276585            | 82    | 111    | 128    | 115    | 91     | 85      | 139   | 89   | 35   | 74  |
| 13   | 132      | .       | .       | .       | .                   | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |
| 14   | 101      | .       | .       | .       | .                   | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |
| 15   | 115      | 1011.08 | 547.88  | 419.36  | 0.021778            | 90    | 146    | 167    | 182    | 130    | 111     | 213   | 141  | 46   | 132 |
| 16   | 117      | 343.4   | 62.862  | 57.74   | 3.677955            | 88    | 105    | 111    | 82     | 68     | 72      | 247   | 173  | 59   | 75  |
| 17   | 118      | 428.72  | 85.1    | 79.608  | 0.310523            | 88    | 138    | 127    | 135    | 100    | 104     | 201   | 130  | 44   | 137 |
| 18   | 119      | 525.8   | 619.28  | 556.96  | 0.390471            | 85    | 135    | 151    | 129    | 101    | 86      | 203   | 143  | 30   | 148 |
| 19   | 120      | 906.44  | 1374.72 | 782.12  | 0.344961            | 102   | 151    | 185    | 195    | 182    | 161     | 247   | 158  | 38   | 255 |
| 20   | 124      | .       | .       | .       | .                   | 87    | 129    | 157    | 153    | 171    | 168     | 193   | 123  | 43   | 134 |
| 21   | 125      | .       | .       | .       | .                   | 90    | 100    | 124    | 93     | 98     | 103     | 181   | 115  | 50   | 78  |
| 22   | 127      | .       | .       | .       | .                   | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |
| 23   | 113      | .       | .       | .       | .                   | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |
| 24   | 104      | 326.62  | 283.6   | 160.832 | 0.918112            | 89    | 107    | 94     | 69     | 68     | 56      | 214   | 150  | 43   | 104 |
| 25   | 108      | 279.98  | 76.374  | 38.438  | 0.320605            | 86    | 111    | 114    | 81     | 65     | 59      | 192   | 133  | 31   | 139 |
| 26   | 114      | 727.5   | 375.86  | 340.86  | 0.442275            | 80    | 111    | 114    | 103    | 84     | 69      | 171   | 117  | 34   | 102 |
| 27   | 121      | 431.54  | 256.62  | 231.7   | 0.275327            | 98    | 150    | 180    | 170    | 129    | 98      | 215   | 136  | 61   | 91  |
| 28   | 134      | 620.6   | 588.74  | .       | 0.381157            | 102   | 134    | 181    | 166    | 139    | 112     | 211   | 137  | 36   | 191 |
| 29   | 141      | 778.54  | 525.02  | 5450.58 | 0.4771              | 80    | 109    | 124    | 113    | 103    | 96      | 209   | 131  | 50   | 142 |



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| Rows | idnumber | vitDm | midpoint<br>calcitonin | mLeptin<br>base | mLeptin 60 | mLeptin 120 | w12date    | w12wt  | w12waist | systo12 | diasto12 | kcal12 | cho12 | ptn12 |
|------|----------|-------|------------------------|-----------------|------------|-------------|------------|--------|----------|---------|----------|--------|-------|-------|
| 1    | 109      | .     | .                      | .               | .          | .           | .          | .      | .        | .       | .        | .      | .     | .     |
| 2    | 103      | .     | .                      | 13.764          | 14.1856    | 13.3316     | 08/30/2000 | 180.5  | 37.5     | 112     | 72       | 1779   | 45    | 19    |
| 3    | 107      | .     | .                      | .               | .          | .           | .          | .      | .        | .       | .        | .      | .     | .     |
| 4    | 111      | .     | .                      | 102.56          | 11.904     | 110.308     | 08/29/2000 | 200    | 38       | 118     | 74       | 947    | 39    | 24    |
| 5    | 123      | .     | .                      | 31.6776         | 37.266     | 33.3268     | .          | .      | .        | .       | .        | 2609   | 38    | 18    |
| 6    | 129      | .     | .                      | 119.648         | 111.896    | 101.404     | 09/06/2000 | 213    | 38.25    | .       | .        | 1479   | 44    | 22    |
| 7    | 133      | .     | .                      | 152.572         | 117.564    | 126.46      | 09/20/2000 | 185    | .        | .       | .        | 831    | 51    | 16    |
| 8    | 135      | .     | .                      | .               | .          | .           | 10/04/2000 | .      | .        | .       | .        | .      | .     | .     |
| 9    | 136      | .     | .                      | 188.988         | .          | .           | 10/16/2000 | 225    | .        | .       | .        | 1367   | 50    | 17    |
| 10   | 138      | .     | .                      | 225.168         | 191.024    | 172.376     | 10/04/2000 | 263    | 46.5     | 134     | 86       | 1606   | 62    | 22    |
| 11   | 139      | .     | .                      | 81.808          | 99.984     | 86.076      | .          | .      | .        | .       | .        | 1052   | 59    | 24    |
| 12   | 140      | .     | .                      | 35.0356         | 32.6836    | 41.092      | .          | .      | .        | .       | .        | 1162   | 53    | 26    |
| 13   | 132      | .     | .                      | .               | .          | .           | .          | .      | .        | .       | .        | .      | .     | .     |
| 14   | 101      | .     | .                      | .               | .          | .           | .          | .      | .        | .       | .        | .      | .     | .     |
| 15   | 115      | .     | .                      | 78.204          | 85.528     | 69.812      | 09/05/2000 | 176    | 34.5     | 132     | 74       | 1255   | 45    | 20    |
| 16   | 117      | .     | .                      | 224.4           | 252.004    | 213.86      | 09/26/2000 | 213.5  | 41       | 110     | 68       | 782    | 62    | 20    |
| 17   | 118      | .     | .                      | 82.648          | 86.136     | 70.292      | 08/30/2000 | 156    | 35       | 142     | 86       | 1005   | 51    | 17    |
| 18   | 119      | .     | .                      | 164.556         | 52.292     | 99.572      | 08/24/2000 | 161    | 34.5     | 114     | 69       | 13.6   | 44    | 21    |
| 19   | 120      | .     | .                      | 12.8708         | 11.724     | 13.476      | 09/18/2000 | 190.25 | 40       | .       | .        | .      | .     | .     |
| 20   | 124      | .     | .                      | .               | .          | .           | 08/30/2000 | 206.5  | 42       | 128     | 76       | .      | .     | .     |
| 21   | 125      | .     | .                      | .               | .          | .           | 09/13/2000 | 148    | 33.5     | .       | .        | .      | .     | .     |
| 22   | 127      | .     | .                      | .               | .          | .           | .          | .      | .        | .       | .        | .      | .     | .     |
| 23   | 113      | .     | .                      | .               | .          | .           | .          | .      | .        | .       | .        | .      | .     | .     |
| 24   | 104      | .     | .                      | 104.992         | 93.728     | 79.68       | 08/21/2000 | 228.5  | 41       | .       | .        | 1484   | 59    | 19    |
| 25   | 108      | .     | .                      | 42.18           | 46.544     | 50.024      | .          | .      | .        | .       | .        | 1273   | 47    | 23    |
| 26   | 114      | .     | .                      | 108.32          | 107.252    | 126.152     | 09/07/2000 | 234    | 39.25    | 138     | 82       | 1676   | 58    | 15    |
| 27   | 121      | .     | .                      | 63.44           | 59.828     | 60.548      | 09/28/2000 | 168.5  | 36       | 140     | 85       | 893    | 50    | 10    |
| 28   | 134      | .     | .                      | 48.284          | 45.452     | 44.032      | .          | .      | .        | .       | .        | 1608   | 39    | 17    |
| 29   | 141      | .     | .                      | 261.388         | 283.716    | 271.084     | 09/20/2000 | 175.5  | 34.5     | 120     | 78       | .      | .     | .     |

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| Rows | idnumber | fat12 | calc12 | w13date    | w13wt  | w13waist | systo13 | diasto13 | kcal13 | cho13 | ptn13 | fat13 | calc13 | w14date    | w14wt  | w14waist |
|------|----------|-------|--------|------------|--------|----------|---------|----------|--------|-------|-------|-------|--------|------------|--------|----------|
| 1    | 109      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 2    | 103      | 32    | 884    | 09/06/2000 | 182.5  | 38       | .       | .        | 1232   | 60    | 22    | 18    | 1331   | 09/13/2000 | 182    | 38       |
| 3    | 107      | .     | .      | 09/05/2000 | 191    | .        | 130     | 78       | .      | .     | .     | .     | .      | 09/13/2000 | 192.5  | 35.75    |
| 4    | 111      | 37    | 1027   | 09/06/2000 | 201    | 37.75    | 124     | 82       | 1578   | 42    | 20    | 38    | 1744   | 09/12/2000 | 202    | 38.25    |
| 5    | 123      | 34    | 1007   | 09/08/2000 | 282    | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 6    | 129      | 32    | 1568   | 09/14/2000 | 212    | 42       | 120     | 78       | 1549   | 50    | 18    | 33    | 1478   | 09/18/2000 | 211.75 | 37.75    |
| 7    | 133      | 33    | 445    | 09/27/2000 | 185    | 36.25    | 115     | 90       | 1142   | 55    | 17    | 23    | 603    | 10/04/2000 | 183.5  | 35.75    |
| 8    | 135      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 9    | 136      | 30    | 1040   | .          | .      | .        | .       | .        | 2268   | 48    | 15    | 37    | 1603   | 10/30/2000 | 226.75 | 42       |
| 10   | 138      | 16    | 1379   | .          | .      | .        | .       | .        | 1939   | 57    | 17    | 25    | 1699   | 10/18/2000 | 260.5  | 46.75    |
| 11   | 139      | 17    | 580    | 10/04/2000 | 179.5  | 34       | 124     | 70       | 1062   | 55    | 16    | 28    | 440    | 10/10/2000 | 180    | 31.5     |
| 12   | 140      | 21    | 1385   | 09/19/2000 | 145    | 37       | 120     | 78       | 995    | 46    | 29    | 22    | 1114   | 09/27/2000 | 144    | 34.5     |
| 13   | 132      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 14   | 101      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 15   | 115      | 35    | 420    | 09/12/2000 | 175    | 34       | 120     | 76       | 1206   | 42    | 20    | 35    | 371    | 09/20/2000 | 174.5  | 33.5     |
| 16   | 117      | 18    | 252    | 10/03/2000 | 213.5  | 41       | 116     | 68       | .      | .     | .     | .     | .      | 10/10/2000 | 214    | 43       |
| 17   | 118      | 32    | 417    | 09/06/2000 | 157    | 36       | 124     | 88       | 1005   | 51    | 17    | 32    | 417    | 09/12/2000 | 156.5  | 35       |
| 18   | 119      | 36    | 509    | 08/29/2000 | 161    | 36.5     | 120     | 75       | 1528   | 63    | 17    | 20    | 598    | 09/07/2000 | 157.75 | 35.5     |
| 19   | 120      | .     | .      | 09/25/2000 | 190.5  | 40       | 160     | 88       | 1421   | 50    | 17    | 33    | 470    | 10/02/2000 | 188.75 | 19.75    |
| 20   | 124      | .     | .      | 09/06/2000 | 210    | .        | .       | .        | .      | .     | .     | .     | .      | 09/13/2000 | 209.5  | 42       |
| 21   | 125      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 22   | 127      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 23   | 113      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 24   | 104      | 22    | 719    | 08/28/2000 | 226.5  | 40.5     | 132     | 82       | 1449   | 54    | 17    | 29    | 562    | 09/05/2000 | 226.25 | 40.5     |
| 25   | 108      | 30    | 407    | 08/31/2000 | 223    | 43.25    | 124     | 78       | 1339   | 55    | 22    | 24    | 547    | 09/07/2000 | 222.5  | 42       |
| 26   | 114      | 25    | 587.5  | 09/12/2000 | 232    | 38       | 114     | 76       | 2108   | 52    | 15    | 33    | 378    | 09/20/2000 | 231.5  | 38       |
| 27   | 121      | 40    | 185    | 10/05/2000 | 168.25 | 42       | 138     | 80       | 822    | 37    | 20    | 42    | 300    | 10/12/2000 | 170.75 | 34.75    |
| 28   | 134      | 43    | 552    | .          | .      | .        | .       | .        | 1555   | 43    | 20    | 37    | 527    | .          | .      | .        |
| 29   | 141      | .     | .      | 09/28/2000 | 173.5  | .        | .       | .        | 976    | 44    | 13    | 43    | 245    | 10/04/2000 | 173    | 34.5     |

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| Rows | idnumber | systo14 | diasto14 | kcal14 | cho14 | ptn14 | fat14 | calc14 | w15date    | w15wt  | w15waist | systo15 | diasto15 | kcal15 | cho15 | ptn15 |
|------|----------|---------|----------|--------|-------|-------|-------|--------|------------|--------|----------|---------|----------|--------|-------|-------|
| 1    | 109      | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     |
| 2    | 103      | 100     | 68       | 1354   | 58    | 18    | 24    | 825    | 09/20/2000 | 181    | 38       | 108     | 70       | 1247   | 54    | 19    |
| 3    | 107      | 128     | 70       | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     |
| 4    | 111      | 124     | 82       | 1051   | 56    | 25    | 19    | 1290   | 09/19/2000 | 199    | 37       | 132     | 78       | 1209   | 46    | 18    |
| 5    | 123      | .       | .        | 3300   | 36    | 21    | 34    | 1398   | 09/18/2000 | 287    | 53.25    | 140     | 85       | .      | .     | .     |
| 6    | 129      | 120     | 83       | 1366   | 44    | 19    | 36    | 1049   | 09/26/2000 | 212    | 39.5     | 128     | 82       | 1302   | 54    | 14    |
| 7    | 133      | 110     | 78       | 1550   | 46    | 16    | 38    | 971    | .          | .      | .        | .       | .        | .      | .     | .     |
| 8    | 135      | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     |
| 9    | 136      | 110     | 78       | 1546   | 49    | 19    | 30    | 1365   | 11/06/2000 | 229    | 43       | 128     | 80       | 1699   | 44    | 16    |
| 10   | 138      | 118     | 78       | 1823   | 58    | 20    | 22    | 1629   | 10/25/2000 | 259    | 45       | 130     | 70       | 1459   | 63    | 23    |
| 11   | 139      | 130     | 76       | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | 1007   | 59    | 22    |
| 12   | 140      | 120     | 78       | 1217   | 49    | 25    | 21    | 1165   | 10/02/2000 | 143    | 34       | 126     | 80       | 1318   | 51    | 22    |
| 13   | 132      | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     |
| 14   | 101      | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     |
| 15   | 115      | 134     | 74       | 1268   | 40    | 18    | 40    | 441    | 09/27/2000 | 176    | 36       | 134     | 78       | 1342   | 37    | 18    |
| 16   | 117      | 104     | 70       | 1064   | 53    | 18    | 28    | 281    | 10/17/2000 | 211.75 | 41       | 112     | 68       | 1151   | 55    | 16    |
| 17   | 118      | 126     | 78       | 1303   | 54    | 15    | 32    | 402    | 09/20/2000 | 154.5  | 35       | 130     | 88       | 1318   | 59    | 14    |
| 18   | 119      | 120     | 80       | 1451   | 55    | 22    | 23    | 456    | 09/14/2000 | 157.5  | 35       | 110     | 70       | 1420   | 49    | 17    |
| 19   | 120      | 120     | 82       | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | 1438   | 45    | 17    |
| 20   | 124      | 140     | 82       | .      | .     | .     | .     | .      | 09/20/2000 | 206    | 43       | 140     | 82       | .      | .     | .     |
| 21   | 125      | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     |
| 22   | 127      | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     |
| 23   | 113      | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     |
| 24   | 104      | 150     | 82       | 1479   | 60    | 19    | 22    | 742    | 09/15/2000 | 224    | 39.5     | 154     | 88       | 1559   | 60    | 17    |
| 25   | 108      | 128     | 70       | 1274   | 60    | 13    | 27    | 871    | 09/15/2000 | 221.25 | .        | 134     | 80       | 866    | 61    | 21    |
| 26   | 114      | 116     | 68       | 1602   | 41    | 20    | 39    | 455    | 09/27/2000 | 232    | 38.5     | 110     | 72       | .      | .     | .     |
| 27   | 121      | 122     | 78       | 820    | 53    | 14    | 34    | 310    | 10/19/2000 | 167    | 36       | 138     | 82       | 694    | 54    | 12    |
| 28   | 134      | .       | .        | .      | .     | .     | .     | .      | 10/10/2000 | 252    | .        | 128     | 84       | .      | .     | .     |
| 29   | 141      | 112     | 78       | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     |
| 30   | 110      | 110     | 70       | 1217   | 49    | 25    | 21    | 1165   | 10/02/2000 | 143    | 34       | 126     | 80       | 1318   | 51    | 22    |

**sorted**

| Rows | idnumber | fat15 | calc15 | w16date    | w16wt  | w16waist | systo16 | diasto16 | kcal16 | cho16 | ptn16 | fat16 | calc16 | w17date    | w17wt | w17waist |
|------|----------|-------|--------|------------|--------|----------|---------|----------|--------|-------|-------|-------|--------|------------|-------|----------|
| 1    | 109      |       |        |            |        |          |         |          |        |       |       |       |        |            |       |          |
| 2    | 103      | 28    | 647.5  | 09/25/2000 | 180.5  | 37.25    | 118     | 78       | 1617   | 45    | 20    | 36    | 1332   | 10/04/2000 | 181   | 37       |
| 3    | 107      |       |        | 09/26/2000 | 192    | 35.5     | 132     | 82       |        |       |       |       |        |            |       |          |
| 4    | 111      | 36    | 1252   | 09/26/2000 | 203    | 37.25    | 118     | 84       | 1084   | 51    | 20    | 29    | 1101   | 10/03/2000 | 202   | 38       |
| 5    | 123      |       |        | 09/25/2000 | 291    | 52       |         |          | 2992   | 43    | 19    | 37    | 1578   | 10/02/2000 | 292   |          |
| 6    | 129      | 32    | 1681   | 10/04/2000 | 214.5  | 39       | 148     | 94       | 1411.9 | 54    | 16    | 29    | 935.4  | 10/17/2000 | 215   | 38.5     |
| 7    | 133      |       |        | 10/18/2000 | 188    | 35.5     | 120     | 90       |        |       |       |       |        | 10/26/2000 | 187   | 35.25    |
| 8    | 135      |       |        |            |        |          |         |          |        |       |       |       |        |            |       |          |
| 9    | 136      | 39    | 1279   | 11/14/2000 | 225    | 40.75    | 130     | 88       | 1983   | 48    | 17    | 35    | 1529   |            |       |          |
| 10   | 138      | 14    | 1622   | 11/01/2000 | 259    | 45       | 130     | 82       | 1526   | 62    | 21    | 17    | 1522   | 11/08/2000 | 253   | 44       |
| 11   | 139      | 19    | 446    | 10/23/2000 | 176    | 32       | 110     | 70       | 1087   | 55    | 22    | 23    | 621    | 11/01/2000 | 177   | 31       |
| 12   | 140      | 21    | 1422   | 10/11/2000 | 142    | 33       | 110     | 78       | 1348   | 40    | 21    | 39    | 1032   | 10/17/2000 | 141.5 | 31.5     |
| 13   | 132      |       |        |            |        |          |         |          |        |       |       |       |        |            |       |          |
| 14   | 101      |       |        |            |        |          |         |          |        |       |       |       |        |            |       |          |
| 15   | 115      | 43    | 346    | 10/04/2000 | 178.5  | 34.5     | 150     | 82       | 1495   | 45    | 18    | 36    | 510    | 10/11/2000 | 178.5 | 34       |
| 16   | 117      | 29    | 422    | 10/23/2000 | 213    | 41.5     | 119     | 78       | 1270   | 54    | 17    | 29    | 427.8  | 11/02/2000 | 213.5 | 43       |
| 17   | 118      | 27    | 504    | 09/27/2000 | 153.75 | 35.75    | 138     | 84       | 1118   | 57    | 15    | 27    | 536    | 10/05/2000 | 154   | 37       |
| 18   | 119      | 34    | 668    |            |        |          |         |          | 1768   | 43    | 16    | 41    | 785    | 09/27/2000 | 158   | 33       |
| 19   | 120      | 39    | 412    | 10/16/2000 | 191    | 40.25    | 130     | 80       | 2212   | 51    | 14    | 33    | 731    | 10/23/2000 | 191.5 | 40.5     |
| 20   | 124      |       |        |            |        |          |         |          |        |       |       |       |        |            |       |          |
| 21   | 125      |       |        |            |        |          |         |          |        |       |       |       |        |            |       |          |
| 22   | 127      |       |        |            |        |          |         |          |        |       |       |       |        |            |       |          |
| 23   | 113      |       |        |            |        |          |         |          |        |       |       |       |        |            |       |          |
| 24   | 104      | 22    | 731    | 09/19/2000 | 224    | 39.5     | 142     | 84       | 1392   | 59    | 18    | 23    | 548    | 09/26/2000 | 221   | 41.5     |
| 25   | 108      | 18    | 676.1  | 09/21/2000 | 219    | 42.5     | 122     | 78       | 916    | 63    | 21    | 16    | 723    | 09/28/2000 | 221   | 41.75    |
| 26   | 114      |       |        |            |        |          |         |          |        |       |       |       |        | 10/11/2000 | 233   | 41       |
| 27   | 121      | 34    | 105    | 10/26/2000 | 167    | 36.5     | 148     | 78       | 779    | 46    | 14    | 40    | 191    | 11/02/2000 | 167   | 38       |
| 28   | 134      |       |        | 10/17/2000 | 252.5  |          | 118     | 82       | 1519   | 47    | 20    | 33    | 685    |            |       |          |
| 29   | 141      |       |        | 10/17/2000 | 174    | 34       | 114     | 76       |        |       |       |       |        | 10/26/2000 | 172   | 38.5     |

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| Rows | idnumber | systo17 | diasto17 | kcal17 | cho17 | ptn17 | fat17 | calc17 | w18date    | w18wt  | w18waist | systo18 | diasto18 | kcal18 | cho18 | ptn18 |
|------|----------|---------|----------|--------|-------|-------|-------|--------|------------|--------|----------|---------|----------|--------|-------|-------|
| 1    | 109      | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     |
| 2    | 103      | 102     | 70       | 1481   | 66    | 17    | 17    | 1162   | 10/11/2000 | 180    | 37.5     | 100     | 72       | 1251   | 55    | 18    |
| 3    | 107      | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     |
| 4    | 111      | 118     | 76       | 1239   | 56    | 19    | 25    | 1285   | 10/10/2000 | 205    | 38       | 122     | 78       | 1634   | 50    | 17    |
| 5    | 123      | 132     | 90       | 2470   | 51    | 21    | 28    | 1255   | .          | .      | .        | .       | .        | 2457   | 44    | 18    |
| 6    | 129      | 134     | 82       | 1298   | 58    | 18    | 24    | 1170.5 | 10/18/2000 | 213    | 39.5     | 130     | 100      | 1436   | 56    | 16    |
| 7    | 133      | 108     | 70       | 1204   | 50    | 17    | 33    | 784    | 11/02/2000 | 186.5  | 35.25    | 110     | 75       | 1209   | 39    | 17    |
| 8    | 135      | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     |
| 9    | 136      | .       | .        | 1313   | 49    | 18    | 31    | 1094   | 11/27/2000 | 224    | 40       | .       | .        | 1372   | 52    | 21    |
| 10   | 138      | 130     | 82       | 1567   | 60    | 18    | 22    | 997    | 11/16/2000 | 254    | 45.5     | 135     | 85       | 1672   | 57    | 23    |
| 11   | 139      | 116     | 78       | 1111   | 60    | 23    | 17    | 483    | 11/09/2000 | 178    | 35.25    | 110     | 70       | 1111   | 60    | 23    |
| 12   | 140      | 110     | 78       | 1255   | 40    | 24    | 34    | 1190   | 10/23/2000 | 141    | 33       | .       | .        | 1127   | 49    | 26    |
| 13   | 132      | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     |
| 14   | 101      | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     |
| 15   | 115      | 140     | 72       | .      | .     | .     | .     | .      | 10/18/2000 | 178    | 36       | 130     | 74       | 1291   | 40    | 18    |
| 16   | 117      | 110     | 68       | 1479   | 51    | 35    | 14    | 500    | 11/07/2000 | 212.75 | 44.5     | 120     | 75       | 1150   | 55    | 16    |
| 17   | 118      | 122     | 78       | 1289   | 56    | 16    | 28    | 566    | 10/11/2000 | 152    | 34       | 136     | 86       | 1349   | 58    | 15    |
| 18   | 119      | 120     | 76       | .      | .     | .     | .     | .      | 10/03/2000 | 159    | 33.75    | 124     | 68       | 1656   | 46    | 17    |
| 19   | 120      | 150     | 82       | 1365   | 51    | 18    | 31    | 315    | 10/30/2000 | 192    | 39.75    | 150     | 80       | .      | .     | .     |
| 20   | 124      | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     |
| 21   | 125      | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     |
| 22   | 127      | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     |
| 23   | 113      | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     |
| 24   | 104      | 128     | 82       | 1370   | 55    | 19    | 26    | 587    | 10/03/2000 | 220    | 40.5     | 142     | 80       | .      | .     | .     |
| 25   | 108      | 122     | 74       | 1150   | 56    | 19    | 25    | 740    | 10/05/2000 | 219    | 40.75    | 128     | 78       | 952    | 60    | 19    |
| 26   | 114      | 124     | 72       | .      | .     | .     | .     | .      | 10/19/2000 | 232    | 44       | 120     | 70       | 1662   | 47    | 11    |
| 27   | 121      | 138     | 40       | 758    | 63    | 10    | 27    | 159    | 11/09/2000 | 167.5  | 35.5     | 140     | 80       | .      | .     | .     |
| 28   | 134      | .       | .        | .      | .     | .     | .     | .      | 11/02/2000 | 252    | 44       | 128     | 82       | .      | .     | .     |
| 29   | 141      | 110     | 70       | .      | .     | .     | .     | .      | 11/02/2000 | 172    | 37       | 125     | 75       | .      | .     | .     |
| ..   | ...      | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     |

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| Rows | idnumber | fat18 | calc18 | w19date    | w19wt  | w19waist | systo19 | diasto19 | kcal19 | cho19 | ptn19 | fat19 | calc19 | w20date    | w20wt  | w20waist |
|------|----------|-------|--------|------------|--------|----------|---------|----------|--------|-------|-------|-------|--------|------------|--------|----------|
| 1    | 109      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 2    | 103      | 27    | 902    | 10/18/2000 | 182    | 37.25    | 100     | 70       | 1693   | 49    | 15    | 37    | 835    | 10/25/2000 | 183.5  | 37.5     |
| 3    | 107      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 4    | 111      | 34    | 1018   | 10/17/2000 | 204    | 38.5     | 116     | 82       | 1516   | 53    | 18    | 28    | 925    | 10/24/2000 | 203.5  | 38.5     |
| 5    | 123      | 38    | 745    | 10/16/2000 | 292    | 52       | 130     | 80       | 2589   | 49    | 18    | 33    | 1311   | 10/23/2000 | 293.5  | .        |
| 6    | 129      | 26    | 1162   | 10/25/2000 | 215    | .        | 130     | 88       | 1233   | 51    | 14    | 35    | 864    | 11/01/2000 | 216.5  | 38       |
| 7    | 133      | 44    | 587    | 11/09/2000 | 186.75 | 35.5     | 135     | 80       | 929    | 38    | 19    | 43    | 587.4  | .          | .      | .        |
| 8    | 135      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 9    | 136      | 28    | 1305   | 12/05/2000 | 223.5  | 41.75    | 128     | 76       | .      | .     | .     | .     | .      | 12/14/2000 | 223    | .        |
| 10   | 138      | 20    | 1628   | 11/22/2000 | 25     | 4        | 128     | 82       | .      | .     | .     | .     | .      | 11/29/2000 | 254    | 46       |
| 11   | 139      | 17    | 483    | 11/14/2000 | 179    | 31       | 130     | 78       | 1054   | 59    | 23    | 18    | 682    | 11/21/2000 | 176.5  | 30.5     |
| 12   | 140      | 31    | 1223   | 10/30/2000 | 139.5  | 33       | 105     | 60       | 1108   | 52    | 23    | 24    | 1183   | 11/07/2000 | 139    | 33.5     |
| 13   | 132      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 14   | 101      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 15   | 115      | 41    | 523    | 10/24/2000 | 178    | 35.5     | 130     | 74       | .      | .     | .     | .     | .      | 10/31/2000 | 178.5  | 35       |
| 16   | 117      | 29    | 422    | 11/15/2000 | 211.5  | .        | .       | .        | 1145   | 56    | 14    | 30    | 478    | 11/22/2000 | 215    | 43       |
| 17   | 118      | 27    | 803    | 10/18/2000 | 151.5  | 34.75    | 134     | 88       | 1530   | 50    | 17    | 34    | 664    | 10/25/2000 | 149    | 34.5     |
| 18   | 119      | 36    | 688    | 10/10/2000 | 158.25 | 34.5     | 122     | 74       | 1265   | 51    | 18    | 31    | 657.4  | 10/17/2000 | 157.25 | 34       |
| 19   | 120      | .     | .      | .          | .      | .        | .       | .        | 1395   | 49    | 14    | 39    | 417    | 11/13/2000 | 193    | 40       |
| 20   | 124      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 21   | 125      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 22   | 127      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 23   | 113      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 24   | 104      | .     | .      | 10/11/2000 | 219    | 40       | 130     | 84       | 1386   | 57    | 19    | 24    | 541    | 10/17/2000 | 218.25 | 40       |
| 25   | 108      | 21    | 675.9  | 10/12/2000 | 219    | 42.5     | 122     | 74       | 816    | 52    | 25    | 23    | 742    | .          | .      | .        |
| 26   | 114      | 42    | 575    | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | 10/31/2000 | 231    | 39       |
| 27   | 121      | .     | .      | 11/16/2000 | 169    | 34.5     | 138     | 80       | 753    | 64    | 12    | 24    | 320    | 11/27/2000 | 34.5   | 34.5     |
| 28   | 134      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | 11/15/2000 | 254    | 44.75    |
| 29   | 141      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | 11/15/2000 | 172.5  | 34       |

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| Rows | idnumber | systo20 | diasto20 | kcal20 | cho20 | ptn20 | fat20 | calc20 | w21date    | w21wt | w21waist | systo21 | diasto21 | kcal21 | cho21 | ptn21 |
|------|----------|---------|----------|--------|-------|-------|-------|--------|------------|-------|----------|---------|----------|--------|-------|-------|
| 1    | 109      | .       | .        | .      | .     | .     | .     | .      | .          | .     | .        | .       | .        | .      | .     | .     |
| 2    | 103      | 96      | 68       | 1321   | 46    | 18    | 36    | 665    | 11/01/2000 | 184   | 38       | 110     | 76       | 1922   | 50    | 15    |
| 3    | 107      | .       | .        | .      | .     | .     | .     | .      | .          | .     | .        | .       | .        | .      | .     | .     |
| 4    | 111      | 110     | 74       | .      | .     | .     | .     | .      | 10/31/2000 | 206   | 38       | 118     | 78       | 950    | 52    | 25    |
| 5    | 123      | 135     | 90       | 3203   | 36    | 16    | 44    | 1509   | .          | .     | .        | .       | .        | .      | .     | .     |
| 6    | 129      | 136     | 88       | 1042   | 52    | 17    | 31    | 861    | 11/09/2000 | 215   | 38.25    | 130     | 80       | 1465   | 54    | 13    |
| 7    | 133      | .       | .        | 1046   | 52    | 17    | 31    | 338    | .          | .     | .        | .       | .        | .      | .     | .     |
| 8    | 135      | .       | .        | .      | .     | .     | .     | .      | .          | .     | .        | .       | .        | .      | .     | .     |
| 9    | 136      | .       | .        | 1555   | 53    | 15    | 31    | 1077   | 12/18/2000 | 222   | 40.75    | 132     | 78       | .      | .     | .     |
| 10   | 138      | 127     | 83       | .      | .     | .     | .     | .      | 12/06/2000 | 253.5 | 43.5     | 132     | 86       | 1677   | 48    | 20    |
| 11   | 139      | 122     | 76       | 1023   | 59    | 24    | 17    | 633    | 11/28/2000 | 177.5 | 31       | 136     | 82       | 964    | 65    | 23    |
| 12   | 140      | 125     | 75       | 1083   | 48    | 25    | 26    | 1096   | .          | .     | .        | .       | .        | 1184   | 49    | 26    |
| 13   | 132      | .       | .        | .      | .     | .     | .     | .      | .          | .     | .        | .       | .        | .      | .     | .     |
| 14   | 101      | .       | .        | .      | .     | .     | .     | .      | .          | .     | .        | .       | .        | .      | .     | .     |
| 15   | 115      | 128     | 68       | 1137   | 37    | 20    | 40    | .      | 11/08/2000 | 179   | 35       | 130     | 78       | .      | .     | .     |
| 16   | 117      | 123     | 80       | 1145   | 56    | 14    | 30    | 478.5  | 12/01/2000 | 214.5 | .        | .       | .        | 1386   | 50    | 14    |
| 17   | 118      | 132     | 84       | 1311   | 56    | 15    | 29    | 460    | 11/01/2000 | 149   | 35       | 130     | 84       | 1306   | 54    | 15    |
| 18   | 119      | 114     | 76       | 1428   | 50    | 12    | 33    | 481    | 10/26/2000 | 158   | 34       | 110     | 65       | 1503   | 56    | 17    |
| 19   | 120      | 158     | 71       | 1033   | 51    | 16    | 33    | 222    | 11/27/2000 | 193   | .        | 142     | 84       | .      | .     | .     |
| 20   | 124      | .       | .        | .      | .     | .     | .     | .      | .          | .     | .        | .       | .        | .      | .     | .     |
| 21   | 125      | .       | .        | .      | .     | .     | .     | .      | .          | .     | .        | .       | .        | .      | .     | .     |
| 22   | 127      | .       | .        | .      | .     | .     | .     | .      | .          | .     | .        | .       | .        | .      | .     | .     |
| 23   | 113      | .       | .        | .      | .     | .     | .     | .      | .          | .     | .        | .       | .        | .      | .     | .     |
| 24   | 104      | 140     | 88       | 1473   | 56    | 18    | 26    | 691    | 10/24/2000 | 217.5 | 38.75    | 140     | 90       | 1543   | 55    | 18    |
| 25   | 108      | .       | .        | 930    | 46    | 20    | 22    | 768    | 10/26/2000 | 220   | 75       | 139     | 78       | 808    | 53    | 23    |
| 26   | 114      | 120     | 78       | .      | .     | .     | .     | .      | 11/14/2000 | 233.5 | 38       | 118     | 76       | .      | .     | .     |
| 27   | 121      | 132     | 76       | .      | .     | .     | .     | .      | 12/06/2000 | 164.5 | 32.25    | 136     | 72       | 628    | 59    | 13    |
| 28   | 134      | 140     | 78       | .      | .     | .     | .     | .      | .          | .     | .        | .       | .        | .      | .     | .     |
| 29   | 141      | 110     | 78       | .      | .     | .     | .     | .      | 11/21/2000 | 173.5 | 34       | 116     | 76       | .      | .     | .     |



**sorted**

| Rows | idnumber | fat21 | calc21 | w22date    | w22wt  | w22waist | systo22 | diasto22 | kcal22 | cho22 | ptn22 | fat22 | calc22 | w23date    | w23wt  | w23waist |
|------|----------|-------|--------|------------|--------|----------|---------|----------|--------|-------|-------|-------|--------|------------|--------|----------|
| 1    | 109      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 2    | 103      | 35    | 872    | 11/08/2000 | 186    | 38.5     | 118     | 76       | 1936   | 52    | 17    | 32    | 1191   | 11/15/2000 | 187    | 38.5     |
| 3    | 107      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 4    | 111      | 23    | 1087   | 11/08/2000 | 207.5  | 37.75    | 120     | 74       | .      | .     | .     | .     | .      | 11/14/2000 | 207    | 38.75    |
| 5    | 123      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | 11/20/2000 | 294    | 53       |
| 6    | 129      | 33    | 931    | 11/15/2000 | 213    | 38.5     | 136     | 88       | 1503   | 54    | 18    | 28    | 1352   | 11/22/2000 | 216    | 38       |
| 7    | 133      | .     | .      | 11/27/2000 | 188    | 36       | 110     | 70       | .      | .     | .     | .     | .      | .          | .      | .        |
| 8    | 135      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 9    | 136      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 10   | 138      | 31    | 1290   | .          | .      | .        | .       | .        | 1486   | 55    | 19    | 26    | 1456   | 12/18/2000 | 250.25 | 43.5     |
| 11   | 139      | 12    | 631    | 12/06/2000 | 178    | 32.5     | 136     | 78       | 961    | 55    | 25    | 23    | 589    | 12/12/2000 | 177.5  | 31.75    |
| 12   | 140      | 23    | 1221   | 11/21/2000 | 137    | 33.7     | 124     | 78       | 1083   | 56    | 23    | 21    | 1298   | 11/30/2000 | 135.5  | 33       |
| 13   | 132      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 14   | 101      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 15   | 115      | .     | .      | 11/14/2000 | 179    | 35.5     | 144     | 70       | .      | .     | .     | .     | .      | 11/21/2000 | 181    | 35       |
| 16   | 117      | 36    | 417    | 12/12/2000 | 217    | 40       | 112     | 68       | 1035   | 51    | 18    | 31    | 301    | .          | .      | .        |
| 17   | 118      | 32    | 528    | 11/08/2000 | 148    | 35       | 130     | 78       | 1235   | 55    | 16    | 29    | 523    | 11/15/2000 | 145.5  | 32.5     |
| 18   | 119      | 28    | 548    | 11/02/2000 | 157.5  | 34       | .       | .        | 1836   | 45    | 16    | 32    | 750    | 11/09/2000 | 158    | 28       |
| 19   | 120      | .     | .      | .          | .      | .        | .       | .        | 1338   | 41    | 27    | 31    | 265    | .          | .      | .        |
| 20   | 124      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 21   | 125      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 22   | 127      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 23   | 113      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 24   | 104      | 27    | 588    | 10/31/2000 | 215.75 | 39.5     | 130     | 86       | 1376   | 54    | 17    | 29    | 643    | 11/08/2000 | 214.75 | 40       |
| 25   | 108      | 24    | 782    | 11/02/2000 | 221    | 40.75    | 128     | 80       | 1286   | 56    | 20    | 24    | .      | .          | .      | .        |
| 26   | 114      | .     | .      | .          | .      | .        | .       | .        | .      | .     | .     | .     | .      | 12/11/2000 | 236    | .        |
| 27   | 121      | 28    | 100    | 12/12/2000 | 164.75 | 41.75    | 140     | 80       | .      | .     | .     | .     | .      | .          | .      | .        |
| 28   | 134      | .     | .      | 12/11/2000 | 253.5  | .        | .       | .        | .      | .     | .     | .     | .      | .          | .      | .        |
| 29   | 141      | .     | .      | 11/30/2000 | 174.5  | 37       | 110     | 78       | .      | .     | .     | .     | .      | 12/13/2000 | 176.5  | 34.75    |



sorted

| Rows | idnumber | systo23 | diasto23 | kcal23 | cho23 | ptn23 | fat23 | calc23 | dexa3dat   | totfat3 | totfat%3 | trkf3atg3 | trkf3at%3 | 3fins   | 3ins15  |
|------|----------|---------|----------|--------|-------|-------|-------|--------|------------|---------|----------|-----------|-----------|---------|---------|
| 1    | 109      | .       | .        | .      | .     | .     | .     | .      | .          | .       | .        | .         | .         | .       | .       |
| 2    | 103      | 108     | 76       | 1651   | 55    | 18    | 27    | 1274   | 11/08/2000 | 20339.7 | 24.4     | 11694     | 27.8      | 73.796  | 338.2   |
| 3    | 107      | .       | .        | .      | .     | .     | .     | .      | .          | .       | .        | .         | .         | .       | .       |
| 4    | 111      | 128     | 78       | .      | .     | .     | .     | .      | 11/08/2000 | 46542.8 | 49.6     | 24818.3   | 51.8      | 23.698  | 375.22  |
| 5    | 123      | 140     | 90       | .      | .     | .     | .     | .      | 11/20/2000 | 63886.7 | 47.6     | 33733.1   | 49.3      | 70.562  | 70.218  |
| 6    | 129      | 146     | 90       | 979    | 52    | 20    | 28    | 967    | 11/15/2000 | 48869.5 | 50.7     | 26120.4   | 53.2      | 29.694  | 381.22  |
| 7    | 133      | .       | .        | .      | .     | .     | .     | .      | 12/06/2000 | 46775.2 | 54.5     | 29591     | 54.5      | 121.226 | 437.318 |
| 8    | 135      | .       | .        | .      | .     | .     | .     | .      | .          | .       | .        | .         | .         | .       | .       |
| 9    | 136      | .       | .        | .      | .     | .     | .     | .      | 12/14/2000 | 47941.3 | 48.9     | 24037.4   | 49.3      | 47.254  | 314.54  |
| 10   | 138      | 128     | 82       | .      | .     | .     | .     | .      | 12/18/2000 | 64774.6 | 57.8     | 37059.4   | 63.5      | 16.086  | 56.476  |
| 11   | 139      | 120     | 72       | 1049   | 50    | 26    | 24    | 619    | 12/06/2000 | 35392.7 | 43.9     | 15573.1   | 41.7      | .       | .       |
| 12   | 140      | .       | .        | 1017   | 51    | 25    | 25    | 1111   | 11/21/2000 | 26727.7 | 43.7     | 12196.9   | 44.3      | 17.343  | 69.756  |
| 13   | 132      | .       | .        | .      | .     | .     | .     | .      | .          | .       | .        | .         | .         | .       | .       |
| 14   | 101      | .       | .        | .      | .     | .     | .     | .      | .          | .       | .        | .         | .         | .       | .       |
| 15   | 115      | 146     | 76       | .      | .     | .     | .     | .      | 11/14/2000 | 34544   | 42.8     | 18208.1   | 43.3      | 33.934  | 462.88  |
| 16   | 117      | .       | .        | .      | .     | .     | .     | .      | 12/12/2000 | 57316   | 58.6     | 29448.9   | 58.3      | 21.106  | 200.06  |
| 17   | 118      | 142     | 88       | 1537   | 61    | 13    | 27    | 566    | 11/08/2000 | 26819.9 | 40.1     | 13019.5   | 39.5      | 604.36  | 559.52  |
| 18   | 119      | .       | .        | .      | .     | .     | .     | .      | 11/02/2000 | 25760.7 | 36.5     | 12356.8   | 36.8      | 26.142  | 281.92  |
| 19   | 120      | .       | .        | .      | .     | .     | .     | .      | 12/11/2000 | 34494   | 38.9     | 20092.9   | 45.4      | 47.234  | 460.96  |
| 20   | 124      | .       | .        | .      | .     | .     | .     | .      | .          | .       | .        | .         | .         | .       | .       |
| 21   | 125      | .       | .        | .      | .     | .     | .     | .      | .          | .       | .        | .         | .         | .       | .       |
| 22   | 127      | .       | .        | .      | .     | .     | .     | .      | .          | .       | .        | .         | .         | .       | .       |
| 23   | 113      | .       | .        | .      | .     | .     | .     | .      | .          | .       | .        | .         | .         | .       | .       |
| 24   | 104      | 142     | 82       | .      | .     | .     | .     | .      | 10/31/2000 | 57429.5 | 59.1     | 27615.4   | 58        | .       | .       |
| 25   | 108      | .       | .        | .      | .     | .     | .     | .      | 11/02/2000 | 41518.1 | 41.3     | 18970.1   | 39.5      | 10.569  | 62.958  |
| 26   | 114      | .       | .        | .      | .     | .     | .     | .      | 12/11/2000 | 49794   | 46.7     | 42720.2   | 46.3      | 37.762  | 391.6   |
| 27   | 121      | .       | .        | .      | .     | .     | .     | .      | 12/12/2000 | 38874.6 | 52.4     | 19346.8   | 55.6      | 26.286  | 201.14  |
| 28   | 134      | .       | .        | .      | .     | .     | .     | .      | 12/11/2000 | 43110.4 | 38       | 28190.9   | 45.8      | 46.662  | 226.38  |
| 29   | 141      | 112     | 82       | .      | .     | .     | .     | .      | 12/13/2000 | 45266   | 57.1     | 22656.3   | 57.5      | 28.87   | 532.9   |

sorted

| Rows | idnumber | 3ins30  | 3ins60  | 3ins90  | 3ins120 | fins:fglu ratio3 | fglu3 | 15glu3 | 30glu3 | 60glu3 | 90glu3 | 120glu3 | chol3 | LDL3 | HDL3 | TG3 |
|------|----------|---------|---------|---------|---------|------------------|-------|--------|--------|--------|--------|---------|-------|------|------|-----|
| 1    | 109      | .       | .       | .       | .       | .                | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |
| 2    | 103      | 1309.28 | 1877.28 | 1284.78 | 1078.36 | 0.84823          | 87    | 106    | 120    | 123    | 92     | 82      | 217   | 145  | 41   | 154 |
| 3    | 107      | .       | .       | .       | .       | .                | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |
| 4    | 111      | 302.82  | 321.2   | 441.68  | 56.728  | 0.257587         | 92    | 146    | 157    | 141    | 160    | 101     | 166   | 87   | 69   | 48  |
| 5    | 123      | 266.94  | 505.9   | 66.52   | 61.936  | 0.665679         | 106   | 150    | 180    | 176    | 109    | 90      | 180   | 96   | 50   | 85  |
| 6    | 129      | 669.18  | 928.42  | 1166.24 | 683.42  | 0.272422         | 109   | .      | .      | .      | .      | .       | 284   | 196  | 50   | 192 |
| 7    | 133      | 553.48  | 597.94  | 865.92  | 377.4   | 1.460554         | 83    | 101    | 108    | 111    | 96     | 89      | 204   | 124  | 58   | 109 |
| 8    | 135      | .       | .       | .       | .       | .                | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |
| 9    | 136      | 713.58  | 1871    | 2590.6  | 721.4   | 0.429582         | 110   | 234    | 244    | 196    | 131    | 237     | 237   | 162  | 46   | 144 |
| 10   | 138      | 169.904 | 102.284 | 122.404 | 101.364 | 0.156175         | 103   | 149    | 177    | 157    | 135    | 126     | 204   | 127  | 58   | 96  |
| 11   | 139      | .       | .       | .       | .       | .                | 85    | 125    | 125    | 105    | 94     | 89      | 192   | 104  | 65   | 117 |
| 12   | 140      | 226.342 | 347.1   | 54.284  | 81.532  | 0.225234         | 77    | 99     | 96     | 77     | 60     | 80      | 143   | 96   | 32   | 75  |
| 13   | 132      | .       | .       | .       | .       | .                | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |
| 14   | 101      | .       | .       | .       | .       | .                | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |
| 15   | 115      | 554.66  | 933.98  | 1087.24 | 757.08  | 0.33598          | 101   | 141    | 173    | 165    | 134    | 127     | 192   | 121  | 51   | 98  |
| 16   | 117      | 364.84  | 732.46  | 66.768  | 66.768  | 0.263825         | 80    | 99     | 89     | 64     | 62     | 64      | 268   | 196  | 57   | 73  |
| 17   | 118      | 759.2   | 701.08  | 406.32  | 67.424  | 6.715111         | 90    | 127    | 138    | 105    | 85     | 76      | 188   | 122  | 41   | 124 |
| 18   | 119      | 485.64  | 436.66  | 389.22  | 357.02  | 0.300483         | 87    | 116    | 147    | 113    | 115    | 108     | 229   | 152  | 38   | 197 |
| 19   | 120      | 744.82  | 956.8   | 1164.26 | 986.84  | 0.414333         | 114   | 168    | 209    | 240    | 213    | 155     | 268   | 143  | 38   | 433 |
| 20   | 124      | .       | .       | .       | .       | .                | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |
| 21   | 125      | .       | .       | .       | .       | .                | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |
| 22   | 127      | .       | .       | .       | .       | .                | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |
| 23   | 113      | .       | .       | .       | .       | .                | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |
| 24   | 104      | .       | .       | .       | .       | .                | 74    | 93     | 76     | 69     | 76     | 58      | 234   | 165  | 56   | 64  |
| 25   | 108      | 76.576  | 394.56  | 216.88  | 580.86  | 0.124341         | 85    | 125    | 144    | 152    | 96     | 77      | 187   | 134  | 38   | 76  |
| 26   | 114      | 617.42  | 392.7   | 262.34  | 60.2    | 0.460512         | 82    | 99     | 106    | 77     | 70     | 62      | 181   | 120  | 43   | 91  |
| 27   | 121      | 230.66  | 75.92   | 55.704  | 62.41   | 0.288857         | 91    | 123    | 125    | 109    | 78     | 98      | 214   | 140  | 55   | 95  |
| 28   | 134      | 447.64  | 686.14  | 625.06  | 531.68  | 0.448673         | 104   | 137    | 168    | 169    | 105    | 89      | 228   | 163  | 35   | 149 |
| 29   | 141      | 552.64  | 619.4   | 310.76  | 263.24  | 0.328068         | 88    | 121    | 111    | 108    | 82     | 102     | 231   | 163  | 50   | 90  |

sorted

| Rows | idnumber | vitD3 | calcitonin3 | fLeptin base | fLeptin 60 | fLeptin 120 | secondhalf avg<br>diet Ca | secondhalf avg<br>total Ca | second half<br>avg kcal | abdomen fat<br>loss 23 wks | total fat<br>grams lost<br>23 wks |
|------|----------|-------|-------------|--------------|------------|-------------|---------------------------|----------------------------|-------------------------|----------------------------|-----------------------------------|
| 1    | 109      | .     | .           | .            | .          | .           | 0                         | 0                          | 0                       | .                          | .                                 |
| 2    | 103      | .     | .           | 17.0412      | 15.9472    | 16.106      | 985.75                    | 985.75                     | 1540.333                | 3961.3                     | 7432.5                            |
| 3    | 107      | .     | .           | .            | .          | .           | 0                         | 0                          | 0                       | .                          | .                                 |
| 4    | 111      | .     | .           | 92.704       | 106.876    | 84.976      | 1205.25                   | 1205.25                    | 1245.333                | -2547.9                    | .                                 |
| 5    | 123      | .     | .           | 45.836       | 39.8616    | 45.34       | 1257.571                  | 1257.571                   | 2802.857                | 699.2                      | 1269.1                            |
| 6    | 129      | .     | .           | 117.712      | 124.092    | 123.112     | 1173.59                   | 1173.59                    | 1338.658                | -124.4                     | 980.4                             |
| 7    | 133      | .     | .           | 200.2        | 220.908    | 181.788     | 616.4857                  | 616.4857                   | 1130.143                | -5341.9                    | 2804.8                            |
| 8    | 135      | .     | .           | .            | .          | .           | 0                         | 0                          | 0                       | .                          | .                                 |
| 9    | 136      | .     | .           | 175.304      | 185.436    | 222.272     | 1286.5                    | 1286.5                     | 1637.875                | 4275.6                     | 3368.7                            |
| 10   | 138      | .     | .           | 332.612      | 319.02     | 293.712     | 1496.571                  | 1496.571                   | 1639.444                | 5074.3                     | 8880.9                            |
| 11   | 139      | .     | .           | 101.716      | 88.836     | 82.46       | 554.1111                  | 554.1111                   | 1043.727                | 2543.9                     | 6821.9                            |
| 12   | 140      | .     | .           | 39.8704      | 30.4552    | 35.5792     | 1192.1                    | 1192.1                     | 1158.083                | 5809.5                     | 10534.1                           |
| 13   | 132      | .     | .           | .            | .          | .           | 0                         | 0                          | 0                       | .                          | .                                 |
| 14   | 101      | .     | .           | .            | .          | .           | 0                         | 0                          | 0                       | .                          | .                                 |
| 15   | 115      | .     | .           | 95.148       | 67.4       | 72.204      | 435.1667                  | 1235.167                   | 1284.857                | 213.3                      | 402.1                             |
| 16   | 117      | .     | .           | 440.2        | 352.088    | 347.908     | 407.6625                  | 1207.662                   | 1160.7                  | 3729.5                     | 9340                              |
| 17   | 118      | .     | .           | 69.88        | 68.244     | 66.764      | 533.5                     | 1333.5                     | 1275.5                  | 8122.5                     | 12509.4                           |
| 18   | 119      | .     | .           | 248.58       | 1642.28    | 46.288      | 605.3                     | 1405.3                     | 1386.86                 | 1749.6                     | 5504.6                            |
| 19   | 120      | .     | .           | 29.116       | 20.5848    | 23.048      | 427.8333                  | 1227.833                   | 1457.429                | -750.7                     | 363.2                             |
| 20   | 124      | .     | .           | .            | .          | .           | 0                         | 800                        | 0                       | .                          | .                                 |
| 21   | 125      | .     | .           | .            | .          | .           | 0                         | 800                        | 0                       | .                          | .                                 |
| 22   | 127      | .     | .           | .            | .          | .           | 0                         | 800                        | 0                       | .                          | .                                 |
| 23   | 113      | .     | .           | .            | .          | .           | 0                         | 800                        | 0                       | .                          | .                                 |
| 24   | 104      | .     | .           | 74.244       | 73.556     | 75.124      | 640.125                   | 640.125                    | 1451.1                  | 4128.9                     | 11094.3                           |
| 25   | 108      | .     | .           | 35.6476      | 35.4524    | 39.5584     | 683.3333                  | 683.3333                   | 1055.455                | 4317.7                     | 11052.2                           |
| 26   | 114      | .     | .           | 80.008       | 103.732    | 85.116      | 498.875                   | 498.875                    | 1762                    | -15497.8                   | 7860.1                            |
| 27   | 121      | .     | .           | 38.176       | 54.088     | 54.244      | 224.2857                  | 224.2857                   | 768.375                 | 1936.3                     | 4163.8                            |
| 28   | 134      | .     | .           | 56.548       | 55.342     | 59          | 588                       | 588                        | 1560.667                | 1150.6                     | 3836.5                            |
| 29   | 141      | .     | .           | 257.136      | 238.768    | 248.44      | 245                       | 245                        | 976                     | 351.2                      | 3356.5                            |

sorted

| Rows | idnumber | total fat<br>loss 3 mo. | fasting<br>glucose<br>change 3<br>mo. | peak glu<br>change | 23 wk<br>wt. loss | waist in<br>lost | calorie deficit | first<br>half<br>avg<br>fat% | 2nd<br>half<br>avg<br>fat% | first half<br>avg<br>ptn% | 2nd half<br>avg<br>ptn% | first half<br>avg<br>cho% | 2nd half<br>avg<br>cho% | Level<br>systoB |
|------|----------|-------------------------|---------------------------------------|--------------------|-------------------|------------------|-----------------|------------------------------|----------------------------|---------------------------|-------------------------|---------------------------|-------------------------|-----------------|
| 1    | 109      | .                       | .                                     | .                  | .                 | .                | .               | 0                            | 0                          | 0                         | 0                       | 0                         | 0                       | .               |
| 2    | 103      | 5990.9                  | 0                                     | -25                | 17.5              | 3.75             | 947.6667        | 26                           | 29                         | 18                        | 18                      | 56                        | 53                      | 1               |
| 3    | 107      | 3913.4                  | 14                                    | 36                 | .                 | .                | 1650            | 38                           | 0                          | 17                        | 0                       | 43                        | 0                       | 4               |
| 4    | 111      | .                       | 4                                     | -7                 | -5                | 0.75             | 1071.5          | 33                           | 30                         | 19                        | 21                      | 48                        | 49                      | 5               |
| 5    | 123      | 3216.8                  | 0                                     | 17                 | 0                 | .                | 744.3333        | 37                           | 35                         | 21                        | 19                      | 43                        | 42                      | 13              |
| 6    | 129      | 2645.9                  | -2                                    | 14                 | 3                 | 3                | 40.01667        | 28                           | 31                         | 19                        | 17                      | 54                        | 52                      | 7               |
| 7    | 133      | 5066.8                  | -4                                    | 12                 | .                 | .                | 250.8571        | 32                           | 35                         | 18                        | 17                      | 50                        | 47                      | 6               |
| 8    | 135      | .                       | .                                     | .                  | .                 | .                | 1805.5          | 17                           | 0                          | 17                        | 0                       | 61                        | 0                       | 4               |
| 9    | 136      | 2235                    | 8                                     | 53                 | .                 | .                | 674             | 29                           | 33                         | 19                        | 17                      | 50                        | 49                      | 5               |
| 10   | 138      | 7916.9                  | 5                                     | .                  | 26.75             | .                | .               | 25                           | 21                         | 17                        | 20                      | 55                        | 58                      | 9               |
| 11   | 139      | 5547.2                  | -1                                    | 10                 | 17.5              | 3.25             | 1191            | 18                           | 20                         | 21                        | 23                      | 61                        | 58                      | 5               |
| 12   | 140      | 4182.4                  | 3                                     | -5                 | 26.5              | 6.5              | 353.5           | 26                           | 26                         | 22                        | 25                      | 52                        | 49                      | 7               |
| 13   | 132      | .                       | .                                     | .                  | .                 | .                | .               | 0                            | 0                          | 0                         | 0                       | 0                         | 0                       | .               |
| 14   | 101      | .                       | .                                     | .                  | .                 | .                | 2062            | 35                           | 0                          | 17                        | 0                       | 48                        | 0                       | 13              |
| 15   | 115      | 739                     | 16                                    | 31                 | -1                | 1                | 494             | 35                           | 39                         | 19                        | 19                      | 45                        | 41                      | 13              |
| 16   | 117      | 5601.6                  | 2                                     | 16                 | .                 | 2                | 732.6           | 25                           | 27                         | 16                        | 18                      | 60                        | 54                      | 7               |
| 17   | 118      | 6165.3                  | 10                                    | -1                 | 29                | 4.5              | 997             | 30                           | 30                         | 15                        | 15                      | 54                        | 55                      | 13              |
| 18   | 119      | 4197.2                  | 13                                    | 13                 | 17                | 4.25             | 1091.88         | 27                           | 31                         | 17                        | 17                      | 56                        | 50                      | 11              |
| 19   | 120      | 5517                    | 8                                     | -9                 | .                 | 1                | 726.0714        | 29                           | 34                         | 16                        | 18                      | 53                        | 48                      | 16              |
| 20   | 124      | 4786.6                  | 14                                    | -15                | .                 | .                | 1560            | 30                           | 0                          | 18                        | 0                       | 52                        | 0                       | 16              |
| 21   | 125      | .                       | -14                                   | -16                | .                 | .                | 2131            | 25                           | 0                          | 18                        | 0                       | 57                        | 0                       | 7               |
| 22   | 127      | .                       | .                                     | .                  | .                 | .                | 1875            | 32                           | 0                          | 16                        | 0                       | 51                        | 0                       | 6               |
| 23   | 113      | .                       | .                                     | .                  | .                 | .                | 1841            | 22                           | 0                          | 16                        | 0                       | 63                        | 0                       | 7               |
| 24   | 104      | 5992.5                  | -16                                   | 7                  | 30.75             | 5.13             | 1043.25         | 26                           | 25                         | 18                        | 18                      | 56                        | 57                      | 13              |
| 25   | 108      | 6964.3                  | 14                                    | -2                 | .                 | .                | 171.75          | 26                           | 23                         | 19                        | 21                      | 56                        | 55                      | 13              |
| 26   | 114      | 2496                    | 4                                     | 15                 | 9                 | 3                | 161.5           | 36                           | 35                         | 17                        | 15                      | 47                        | 50                      | 7               |
| 27   | 121      | 5880.2                  | 3                                     | 13                 | .                 | 1                | 1478            | 32                           | 34                         | 14                        | 13                      | 54                        | 53                      | 11              |
| 28   | 134      | 5174.5                  | 5                                     | -45                | .                 | .                | 3005            | 32                           | 38                         | 17                        | 19                      | 48                        | 43                      | .               |
| 29   | 141      | 1784.1                  | 21                                    | -13                | 7.5               | 2                | .               | 40                           | 43                         | 18                        | 13                      | 41                        | 44                      | 5               |
| 30   | 110      | .                       | .                                     | .                  | .                 | .                | 96              | 22                           | 2                          | 15                        | 1                       | 55                        | 5                       | .               |

sorted

| Rows | idnumber | cholesterol<br>change | PTH 1   | PTH 2   | PTH 3   | Calcitonin 1 | Calcitonin 2 | Calcitonin 3 |
|------|----------|-----------------------|---------|---------|---------|--------------|--------------|--------------|
| 1    | 109      | .                     | .       | .       | .       | .            | .            | .            |
| 2    | 103      | 22                    | 7.6495  | 6.739   | 6.7525  | 9.3795       | 21.9455      | 14.6765      |
| 3    | 107      | .                     | .       | .       | .       | .            | .            | .            |
| 4    | 111      | -3                    | 7.619   | 7.7885  | 7.7825  | 10.6435      | 5.945        | 6.425        |
| 5    | 123      | 19                    | 9.207   | 8.2935  | 9.4195  | 7.756        | 7.091        | 9.549        |
| 6    | 129      | -5                    | 8.121   | 14.893  | 16.0385 | 6.953        | 11.939       | 9.994        |
| 7    | 133      | -25                   | 6.073   | 8.075   | 11.5265 | 9.0885       | 8.816        | 13.463       |
| 8    | 135      | .                     | .       | .       | .       | .            | .            | .            |
| 9    | 136      | -19                   | 10.1935 | 11.035  | 10.1585 | 8.5455       | 7.4575       | .            |
| 10   | 138      | 13                    | 7.286   | 7.554   | 5.368   | 8.4125       | 9.4315       | 9.9605       |
| 11   | 139      | -6                    | 9.4605  | 11.2405 | 14.872  | 19.1785      | 10.8035      | 10.845       |
| 12   | 140      | 32                    | 11.265  | 12.495  | 7.9275  | 4.90625      | 7.7755       | 28.2535      |
| 13   | 132      | .                     | .       | .       | .       | .            | .            | .            |
| 14   | 101      | .                     | .       | .       | .       | .            | .            | .            |
| 15   | 115      | 14                    | 11.0635 | 9.2425  | 7.532   | 15.19        | 8.423        | 9.3175       |
| 16   | 117      | -40                   | 8.461   | 8.7535  | 9.65    | 10.339       | 10.5015      | 13.525       |
| 17   | 118      | 37                    | 10.116  | 8.3135  | 9.437   | 7.187        | 6.4365       | 7.938        |
| 18   | 119      | 28                    | 8.506   | 9.9825  | 9.114   | 9.536        | 6.88         | 4.82235      |
| 19   | 120      | -2                    | 10.2295 | 6.3605  | 9.466   | 8.3885       | 9.0125       | 8.962        |
| 20   | 124      | .                     | .       | .       | .       | .            | .            | .            |
| 21   | 125      | .                     | .       | .       | .       | .            | .            | .            |
| 22   | 127      | .                     | .       | .       | .       | .            | .            | .            |
| 23   | 113      | .                     | .       | .       | .       | .            | .            | .            |
| 24   | 104      | 30                    | 6.825   | 5.544   | 6.5995  | 7.2535       | 7.67         | 5.7          |
| 25   | 108      | 30                    | 7.106   | 9.1205  | 8.91    | 6.232        | 8.1385       | 4.83685      |
| 26   | 114      | -17                   | 4.60835 | 7.7755  | 4.0461  | 6.653        | 8.116        | 11.4505      |
| 27   | 121      | -19                   | 8.4495  | 8.5775  | 6.0105  | 5.4615       | 6.3455       | 5.486        |
| 28   | 134      | -20                   | 9.8595  | 9.824   | 11.228  | 8.772        | 3.5999       | 10.6445      |
| 29   | 141      | -19                   | 7.817   | 7.6975  | 9.587   | 11.795       | 9.903        | 10.1845      |
| ..   | ...      | .                     | .       | .       | .       | .            | .            | .            |

sorted

| Rows | idnumber | group | dairy hi<br>lo | Ca<br>supp hi<br>lo | age | gender | complete<br>midpoint | complete<br>study | enrodate   | enrollwt | enrollht | enrolbmi | w-2date    | w-2wt |
|------|----------|-------|----------------|---------------------|-----|--------|----------------------|-------------------|------------|----------|----------|----------|------------|-------|
| 31   | 105      | 3     | 0              | 0                   | 30  | 1      | 0                    | 0                 | 05/15/2000 | 278      | 73       | 37       | 05/15/2000 | 279   |
| 32   | 131      | 3     | 0              | 0                   | 48  | 0      | 0                    | 0                 | 05/23/2000 | 220.5    | 61.5     | 41       | 05/31/2000 | 222.5 |
| 33   | 110      | 3     | 0              | 0                   | 36  | 0      | 0                    | 0                 | 05/10/2000 | 212      | 66.5     | 34       | 05/17/2000 | 212   |

sorted

| Rows | idnumber | w-2waist | systo-2 | diasto-2 | w-1date    | w-1wt | w-1waist | systo-1 | diasto-1 | kcalbase | basecho | baseptn | basefat | calcbase |
|------|----------|----------|---------|----------|------------|-------|----------|---------|----------|----------|---------|---------|---------|----------|
| 31   | 105      | 49.25    | 130     | 82       | 05/23/2000 | 283   | 49.25    | 130     | 85       | 3051     | 57      | 14      | 29      | 993      |
| 32   | 131      | 43.6     | 148     | 80       | 06/06/2000 | 223.1 | 47.5     | 135     | 85       | 2778     | 45      | 10      | 45      | 999      |
| 33   | 110      | 33.85    | 130     | 74       | 05/24/2000 | 210   | 33.75    | 124     | 78       | 1707     | 43      | 12      | 44      | 892      |

sorted

| Rows | idnumber | BdexaDay   | Bweight | Bwaist | systoB | diastoB | totfatb | totfat%b | trunkfatb | trkf%b | bfin | bins15 | bins30 | bins60 | bins90 |
|------|----------|------------|---------|--------|--------|---------|---------|----------|-----------|--------|------|--------|--------|--------|--------|
| 31   | 105      | 06/05/2000 | 278.5   | 49     | 120    | 85      | 53948.3 | 43.1     | 33277.2   | 51.6   | .    | .      | .      | .      | .      |
| 32   | 131      | 06/13/2000 | 222     | 44     | 136    | 86      | 53358   | 53.4     | 29546.2   | 57.5   | .    | .      | .      | .      | .      |
| 33   | 110      | 06/06/2000 | 210     | 36     | 130    | 85      | 45322   | 47.8     | 18849.9   | 45.1   | .    | .      | .      | .      | .      |



sorted

| Rows | idnumber | bins120 | fins:fglu ratioB | bfglu | bglu15 | bglu30 | bglu60 | bglu90 | bglu120 | cholb | LDLb | HDLb | TGb | vitDb | bcalcitonin | bLeptin<br>base |
|------|----------|---------|------------------|-------|--------|--------|--------|--------|---------|-------|------|------|-----|-------|-------------|-----------------|
| 31   | 105      | .       | .                | 87    | 136    | 131    | 105    | 113    | 74      | 258   | 185  | 29   | 220 | .     | .           | .               |
| 32   | 131      | .       | .                | 87    | 133    | 138    | 128    | 104    | 97      | 210   | 137  | 50   | 115 | .     | .           | .               |
| 33   | 110      | .       | .                | 92    | 131    | 109    | 88     | 93     | 71      | 162   | 92   | 48   | 110 | .     | .           | .               |

sorted

| Rows | idnumber | bLeptin 60 | bLeptin 120 | TDEEb | dietrx | w1date     | w1wt  | w1waist | systo1 | diasto1 | kcal1 | cho1 | ptn1 | fat1 | calcium1 | comprate |
|------|----------|------------|-------------|-------|--------|------------|-------|---------|--------|---------|-------|------|------|------|----------|----------|
| 31   | 105      | .          | .           | 3396  | 2900   | 06/12/2000 | 275   | 48      | 120    | 80      | 2142  | 47   | 15   | 35   | 487.5    | .        |
| 32   | 131      | .          | .           | 2185  | 1700   | 06/20/2000 | 221   | 47.25   | 137    | 80      | .     | .    | .    | .    | .        | .        |
| 33   | 110      | .          | .           | 2132  | 1600   | 06/14/2000 | 207.5 | 34      | 116    | 74      | .     | .    | .    | .    | .        | .        |

sorted

| Rows | idnumber | w2date | w2wt | w2waist | systo2 | diasto2 | kcal2 | cho2 | ptn2 | fat2 | calcium2 | cmprate2 | w3date | w3wt | w3waist | systo3 |
|------|----------|--------|------|---------|--------|---------|-------|------|------|------|----------|----------|--------|------|---------|--------|
| 31   | 105      | .      | .    | .       | .      | .       | .     | .    | .    | .    | .        | .        | .      | .    | .       | .      |
| 32   | 131      | .      | .    | .       | .      | .       | .     | .    | .    | .    | .        | .        | .      | .    | .       | .      |
| 33   | 110      | .      | .    | .       | .      | .       | .     | .    | .    | .    | .        | .        | .      | .    | .       | .      |

sorted

| Rows | idnumber | diasto3 | kcal3 | cho3 | ptn3 | fat3 | calcium3 | cmprate3 | w4date | w4wt | w4waist | systo4 | diasto4 | kcal4 | cho4 | ptn4 | fat4 |
|------|----------|---------|-------|------|------|------|----------|----------|--------|------|---------|--------|---------|-------|------|------|------|
| 31   | 105      | .       | .     | .    | .    | .    | .        | .        | .      | .    | .       | .      | .       | .     | .    | .    | .    |
| 32   | 131      | .       | .     | .    | .    | .    | .        | .        | .      | .    | .       | .      | .       | .     | .    | .    | .    |
| 33   | 110      | .       | .     | .    | .    | .    | .        | .        | .      | .    | .       | .      | .       | .     | .    | .    | .    |

sorted

| Rows | idnumber | calcium4 | cmprate4 | w5date | w5wt | w5waist | systo5 | diasto5 | kcal5 | cho5 | ptn5 | fat5 | calcium5 | cmprate5 | w6date | w6wt |
|------|----------|----------|----------|--------|------|---------|--------|---------|-------|------|------|------|----------|----------|--------|------|
| 31   | 105      | .        | .        | .      | .    | .       | .      | .       | .     | .    | .    | .    | .        | .        | .      | .    |
| 32   | 131      | .        | .        | .      | .    | .       | .      | .       | .     | .    | .    | .    | .        | .        | .      | .    |
| 33   | 110      | .        | .        | .      | .    | .       | .      | .       | .     | .    | .    | .    | .        | .        | .      | .    |

sorted

| Rows | idnumber | w6waist | systo6 | diasto6 | kcal6 | cho6 | ptn6 | fat6 | calcium6 | w7date | w7wt | w7waist | systo7 | diasto7 | kcal7 | cho7 | ptn7 |
|------|----------|---------|--------|---------|-------|------|------|------|----------|--------|------|---------|--------|---------|-------|------|------|
| 31   | 105      | .       | .      | .       | .     | .    | .    | .    | .        | .      | .    | .       | .      | .       | .     | .    | .    |
| 32   | 131      | .       | .      | .       | .     | .    | .    | .    | .        | .      | .    | .       | .      | .       | .     | .    | .    |
| 33   | 110      | .       | .      | .       | .     | .    | .    | .    | .        | .      | .    | .       | .      | .       | .     | .    | .    |

sorted

| Rows | idnumber | fat7 | calcium7 | w8date | w8wt | w8waist | systo8 | diasto8 | kcal8 | cho8 | ptn8 | fat8 | calcium8 | w9date | w9wt | w9waist |
|------|----------|------|----------|--------|------|---------|--------|---------|-------|------|------|------|----------|--------|------|---------|
| 31   | 105      | .    | .        | .      | .    | .       | .      | .       | .     | .    | .    | .    | .        | .      | .    | .       |
| 32   | 131      | .    | .        | .      | .    | .       | .      | .       | .     | .    | .    | .    | .        | .      | .    | .       |
| 33   | 110      | .    | .        | .      | .    | .       | .      | .       | .     | .    | .    | .    | .        | .      | .    | .       |

sorted

| Rows | idnumber | systo9 | diasto9 | kcal9 | cho9 | ptn9 | fat9 | calcium9 | w10date | w10wt | w10waist | systo10 | diasto10 | kcal10 | cho10 | ptn10 | fat10 |
|------|----------|--------|---------|-------|------|------|------|----------|---------|-------|----------|---------|----------|--------|-------|-------|-------|
| 31   | 105      | .      | .       | .     | .    | .    | .    | .        | .       | .     | .        | .       | .        | .      | .     | .     | .     |
| 32   | 131      | .      | .       | .     | .    | .    | .    | .        | .       | .     | .        | .       | .        | .      | .     | .     | .     |
| 33   | 110      | .      | .       | .     | .    | .    | .    | .        | .       | .     | .        | .       | .        | .      | .     | .     | .     |



sorted

| Rows | idnumber | calc10 | w11date | w11wt | w11waist | systo11 | diasto11 | kcal11 | cho11 | ptn11 | fat11 | calc11 | midavg<br>dietary Ca | midavg total<br>Ca |
|------|----------|--------|---------|-------|----------|---------|----------|--------|-------|-------|-------|--------|----------------------|--------------------|
| 31   | 105      | .      | .       | .     | .        | .       | .        | .      | .     | .     | .     | .      | 487.5                | 487.5              |
| 32   | 131      | .      | .       | .     | .        | .       | .        | .      | .     | .     | .     | .      | 0                    | 0                  |
| 33   | 110      | .      | .       | .     | .        | .       | .        | .      | .     | .     | .     | .      | 0                    | 0                  |

sorted

| Rows | idnumber | midpointavg<br>calories | dexa2dat | totalwtg2 | totfat2 | totfat%2 | trunkfat2 | trkf%2 | midpoint wt.<br>change | lab2date | mfin sul | mins15 | mins30 |
|------|----------|-------------------------|----------|-----------|---------|----------|-----------|--------|------------------------|----------|----------|--------|--------|
| 31   | 105      | 2142                    | .        | .         | .       | .        | .         | .      | .                      | .        | .        | .      | .      |
| 32   | 131      | 0                       | .        | .         | .       | .        | .         | .      | .                      | .        | .        | .      | .      |
| 33   | 110      | 0                       | .        | .         | .       | .        | .         | .      | .                      | .        | .        | .      | .      |

sorted

| Rows | idnumber | mins60 | mins90 | mins120 | mfin:mfglu ratio2 | mfglu | mglu15 | mglu30 | mglu60 | mglu90 | mglu120 | cholm | LDLm | HDLm | TGm |
|------|----------|--------|--------|---------|-------------------|-------|--------|--------|--------|--------|---------|-------|------|------|-----|
| 31   | 105      | .      | .      | .       | .                 | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |
| 32   | 131      | .      | .      | .       | .                 | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |
| 33   | 110      | .      | .      | .       | .                 | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |

sorted

| Rows | idnumber | vitDm | midpoint<br>calcitonin | mLeptin<br>base | mLeptin 60 | mLeptin 120 | w12date | w12wt | w12waist | systo12 | diasto12 | kcal12 | cho12 | ptn12 |
|------|----------|-------|------------------------|-----------------|------------|-------------|---------|-------|----------|---------|----------|--------|-------|-------|
| 31   | 105      | .     | .                      | .               | .          | .           | .       | .     | .        | .       | .        | .      | .     | .     |
| 32   | 131      | .     | .                      | .               | .          | .           | .       | .     | .        | .       | .        | .      | .     | .     |
| 33   | 110      | .     | .                      | .               | .          | .           | .       | .     | .        | .       | .        | .      | .     | .     |

sorted

| Rows | idnumber | fat12 | calc12 | w13date | w13wt | w13waist | systo13 | diasto13 | kcal13 | cho13 | ptn13 | fat13 | calc13 | w14date | w14wt | w14waist |
|------|----------|-------|--------|---------|-------|----------|---------|----------|--------|-------|-------|-------|--------|---------|-------|----------|
| 31   | 105      | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        |
| 32   | 131      | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        |
| 33   | 110      | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        |

sorted

| Rows | idnumber | systo14 | diasto14 | kcal14 | cho14 | ptn14 | fat14 | calc14 | w15date | w15wt | w15waist | systo15 | diasto15 | kcal15 | cho15 | ptn15 |
|------|----------|---------|----------|--------|-------|-------|-------|--------|---------|-------|----------|---------|----------|--------|-------|-------|
| 31   | 105      | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     |
| 32   | 131      | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     |
| 33   | 110      | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     |

sorted

| Rows | idnumber | fat15 | calc15 | w16date | w16wt | w16waist | systo16 | diasto16 | kcal16 | cho16 | ptn16 | fat16 | calc16 | w17date | w17wt | w17waist |
|------|----------|-------|--------|---------|-------|----------|---------|----------|--------|-------|-------|-------|--------|---------|-------|----------|
| 31   | 105      | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        |
| 32   | 131      | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        |
| 33   | 110      | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        |

sorted

| Rows | idnumber | systo17 | diasto17 | kcal17 | cho17 | ptn17 | fat17 | calc17 | w18date | w18wt | w18waist | systo18 | diasto18 | kcal18 | cho18 | ptn18 |
|------|----------|---------|----------|--------|-------|-------|-------|--------|---------|-------|----------|---------|----------|--------|-------|-------|
| 31   | 105      | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     |
| 32   | 131      | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     |
| 33   | 110      | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     |



sorted

| Rows | idnumber | fat18 | calc18 | w19date | w19wt | w19waist | systo19 | diasto19 | kcal19 | cho19 | ptn19 | fat19 | calc19 | w20date | w20wt | w20waist |
|------|----------|-------|--------|---------|-------|----------|---------|----------|--------|-------|-------|-------|--------|---------|-------|----------|
| 31   | 105      | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        |
| 32   | 131      | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        |
| 33   | 110      | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        |

sorted

| Rows | idnumber | systo20 | diasto20 | kcal20 | cho20 | ptn20 | fat20 | calc20 | w21date | w21wt | w21waist | systo21 | diasto21 | kcal21 | cho21 | ptn21 |
|------|----------|---------|----------|--------|-------|-------|-------|--------|---------|-------|----------|---------|----------|--------|-------|-------|
| 31   | 105      | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     |
| 32   | 131      | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     |
| 33   | 110      | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     |

sorted

| Rows | idnumber | fat21 | calc21 | w22date | w22wt | w22waist | systo22 | diasto22 | kcal22 | cho22 | ptn22 | fat22 | calc22 | w23date | w23wt | w23waist |
|------|----------|-------|--------|---------|-------|----------|---------|----------|--------|-------|-------|-------|--------|---------|-------|----------|
| 31   | 105      | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        |
| 32   | 131      | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        |
| 33   | 110      | .     | .      | .       | .     | .        | .       | .        | .      | .     | .     | .     | .      | .       | .     | .        |

sorted

| Rows | idnumber | systo23 | diasto23 | kcal23 | cho23 | ptn23 | fat23 | calc23 | dexa3dat | totfat3 | totfat%3 | trkfatg3 | trkfat%3 | 3fins | 3ins15 |
|------|----------|---------|----------|--------|-------|-------|-------|--------|----------|---------|----------|----------|----------|-------|--------|
| 31   | 105      | .       | .        | .      | .     | .     | .     | .      | .        | .       | .        | .        | .        | .     | .      |
| 32   | 131      | .       | .        | .      | .     | .     | .     | .      | .        | .       | .        | .        | .        | .     | .      |
| 33   | 110      | .       | .        | .      | .     | .     | .     | .      | .        | .       | .        | .        | .        | .     | .      |

sorted

| Rows | idnumber | 3ins30 | 3ins60 | 3ins90 | 3ins120 | fins:fglu ratio3 | fglu3 | 15glu3 | 30glu3 | 60glu3 | 90glu3 | 120glu3 | chol3 | LDL3 | HDL3 | TG3 |
|------|----------|--------|--------|--------|---------|------------------|-------|--------|--------|--------|--------|---------|-------|------|------|-----|
| 31   | 105      | .      | .      | .      | .       | .                | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |
| 32   | 131      | .      | .      | .      | .       | .                | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |
| 33   | 110      | .      | .      | .      | .       | .                | .     | .      | .      | .      | .      | .       | .     | .    | .    | .   |

sorted

| Rows | idnumber | vitD3 | calcitonin3 | fLeptin base | fLeptin 60 | fLeptin 120 | secondhalf avg<br>diet Ca | secondhalf avg<br>total Ca | second half<br>avg kcal | abdomen fat<br>loss 23 wks | total fat<br>grams lost<br>23 wks |
|------|----------|-------|-------------|--------------|------------|-------------|---------------------------|----------------------------|-------------------------|----------------------------|-----------------------------------|
| 31   | 105      | .     | .           | .            | .          | .           | 0                         | 0                          | 0                       | .                          | .                                 |
| 32   | 131      | .     | .           | .            | .          | .           | 0                         | 0                          | 0                       | .                          | .                                 |
| 33   | 110      | .     | .           | .            | .          | .           | 0                         | 0                          | 0                       | .                          | .                                 |

sorted

| Rows | idnumber | total fat<br>loss 3 mo. | fasting<br>glucose<br>change 3<br>mo. | peak glu<br>change | 23 wk<br>wt. loss | waist in<br>lost | calorie defecit | first<br>half<br>avg<br>fat% | 2nd<br>half<br>avg<br>fat% | first half<br>avg<br>ptn% | 2nd half<br>avg<br>ptn% | first half<br>avg<br>cho% | 2nd half<br>avg<br>cho% | Level<br>systoB |
|------|----------|-------------------------|---------------------------------------|--------------------|-------------------|------------------|-----------------|------------------------------|----------------------------|---------------------------|-------------------------|---------------------------|-------------------------|-----------------|
| 31   | 105      | .                       | .                                     | .                  | .                 | .                | 3051            | 35                           | 0                          | 15                        | 0                       | 47                        | 0                       | 5               |
| 32   | 131      | .                       | .                                     | .                  | .                 | .                | 2778            | 0                            | 0                          | 0                         | 0                       | 0                         | 0                       | .               |
| 33   | 110      | .                       | .                                     | .                  | .                 | .                | 1707            | 0                            | 0                          | 0                         | 0                       | 0                         | 0                       | .               |

sorted

| Rows | idnumber | cholesterol<br>change | PTH 1 | PTH 2 | PTH 3 | Calcitonin 1 | Calcitonin 2 | Calcitonin 3 |
|------|----------|-----------------------|-------|-------|-------|--------------|--------------|--------------|
| 31   | 105      | .                     | .     | .     | .     | .            | .            | .            |
| 32   | 131      | .                     | .     | .     | .     | .            | .            | .            |
| 33   | 110      | .                     | .     | .     | .     | .            | .            | .            |